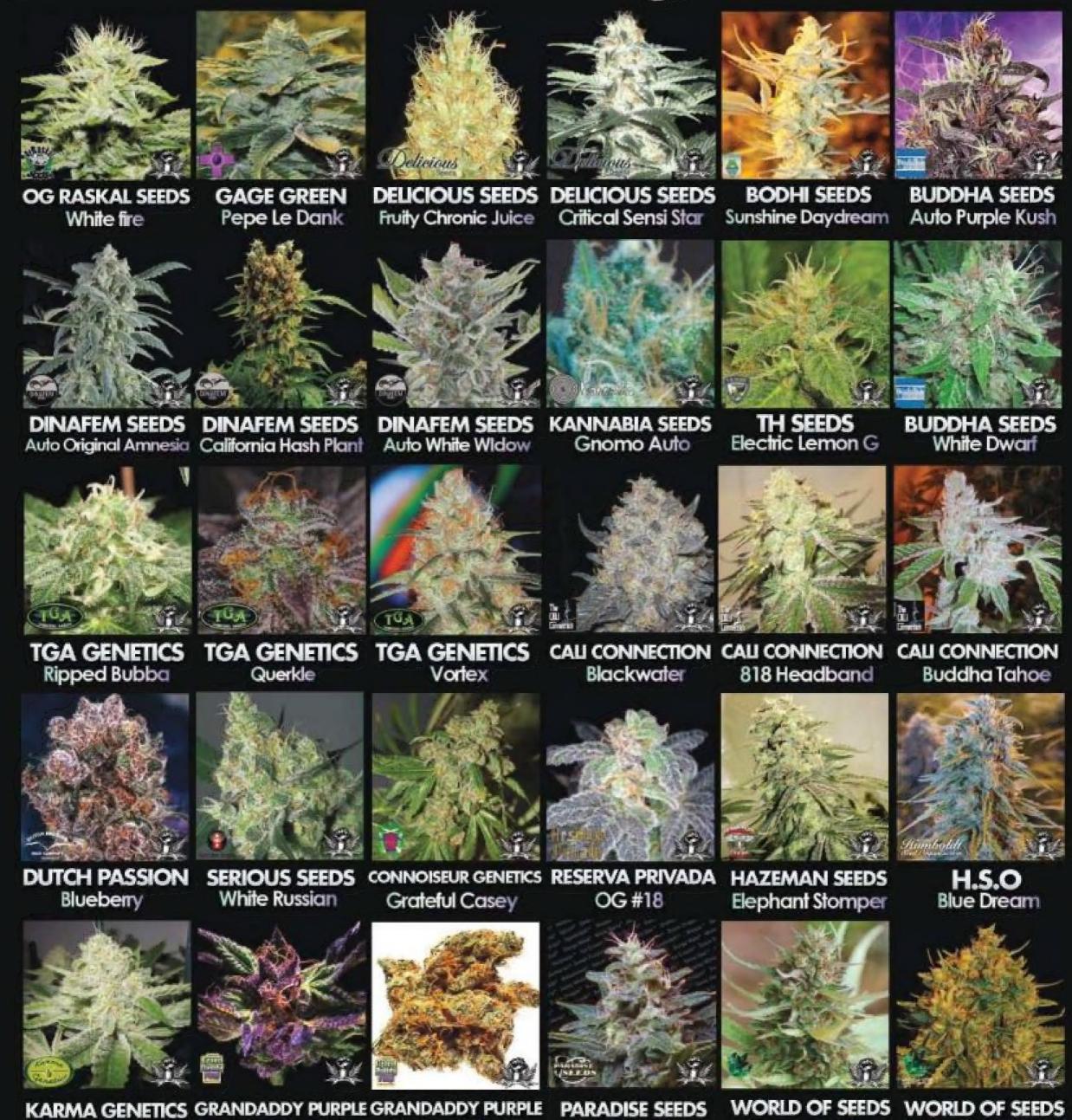


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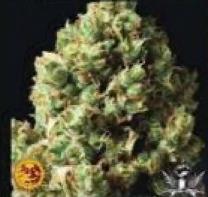
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BARNEY'S FARM Critical Kush



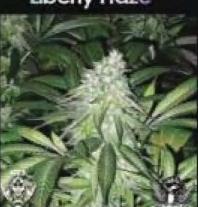
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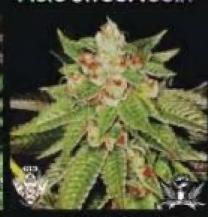
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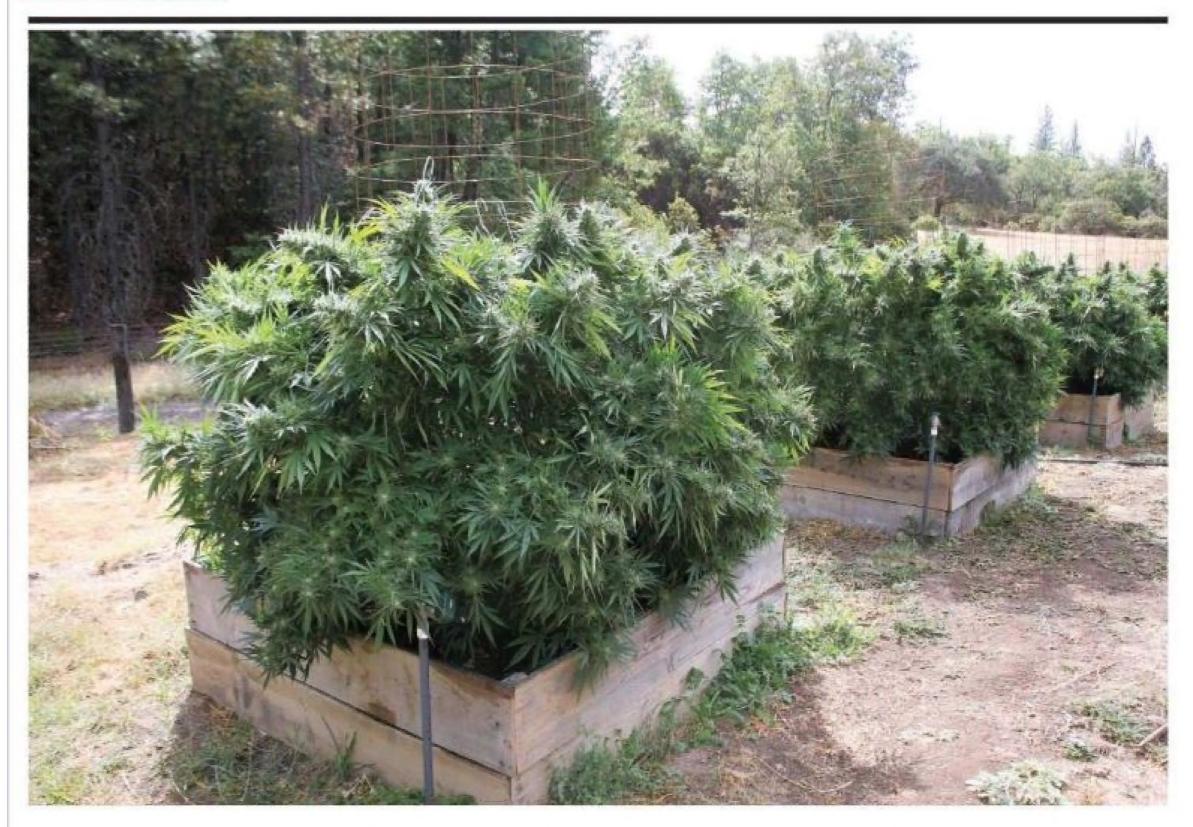
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HIGHTIMES JANUARY



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For the first time, *High Times* brings our renowned Medical Cannabis Cup event to Seattle. Get the complete lowdown on all of the top players, performers and winners! *By Bobby Black*

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HT's cultivation editor and Cannabis Cup competition director blends his two positions for a unique look at what it takes to grow the world's best pot, drawing on research from over 20 Cup champions in 2012. *By Nico Escondido*

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By Jen Bernstein



Smoking Accessories, Smoking Papers, Herb Grinders and Lifestyle Gear

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6 Internet
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HIGHTIMES



Glass Artist of the Month

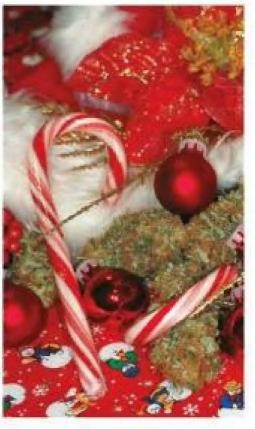
Check out our new web feature wherein we profile top smokeware artists of the glass industry. Seth Brayer, who trained under Smiley and has been behind the torch for nearly a decade, is our first headliner. The name of his featured piece is "Rise and Shine," a representation of the powerful, mythological Phoenix. It's a mixed media piece on a background made of hand riveted burnt copper and burnt wood, oh yeah. See more of Seth's work at *hightimes.com/glass*.

POT POLL

Last month's poll posed a burning question—literally! "What is your preferred way to get high?" we asked. Nearly 2,000 of you responded. We were blown away by the popularity of bongs, which received almost 15 percent more votes than joints. Our best guess for this clear preference is that the term "water pipe" includes bubblers, hookahs and rigs, which are designed for concentrates or "dabs." Despite the surprising results, most HT staffers believe that a well-rolled jay is the best way to taste and savor cannabis.

Water pipe/bong...34.7% Joint...20.9% Blunt...15.8% Pipe...13.1% Vaporizer...12.3% Edibles...3.1%

This month, vote on your all-time favorite stoner movie. Go to *hightimes.com/polls*



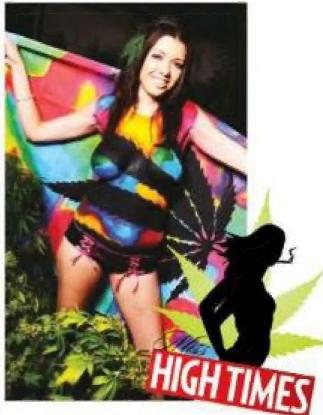
A Very Stoner Christmas

Make sure to visit *hightimes*.com during the Christmas
season. We're stuffing a
stocking full of vintage holiday
covers, stoner Christmas
carols, holiday recipes and
more. It's our way of wishing
you "Seedless Greetings!"

High Times TV

Watch anti-pot PSA spoofs, profiles of the "World's Worst Dealers" and a whacked-out cooking show. Every week, we post new comedy videos that explore the wonderful world of getting high.

hightimes.com/httv

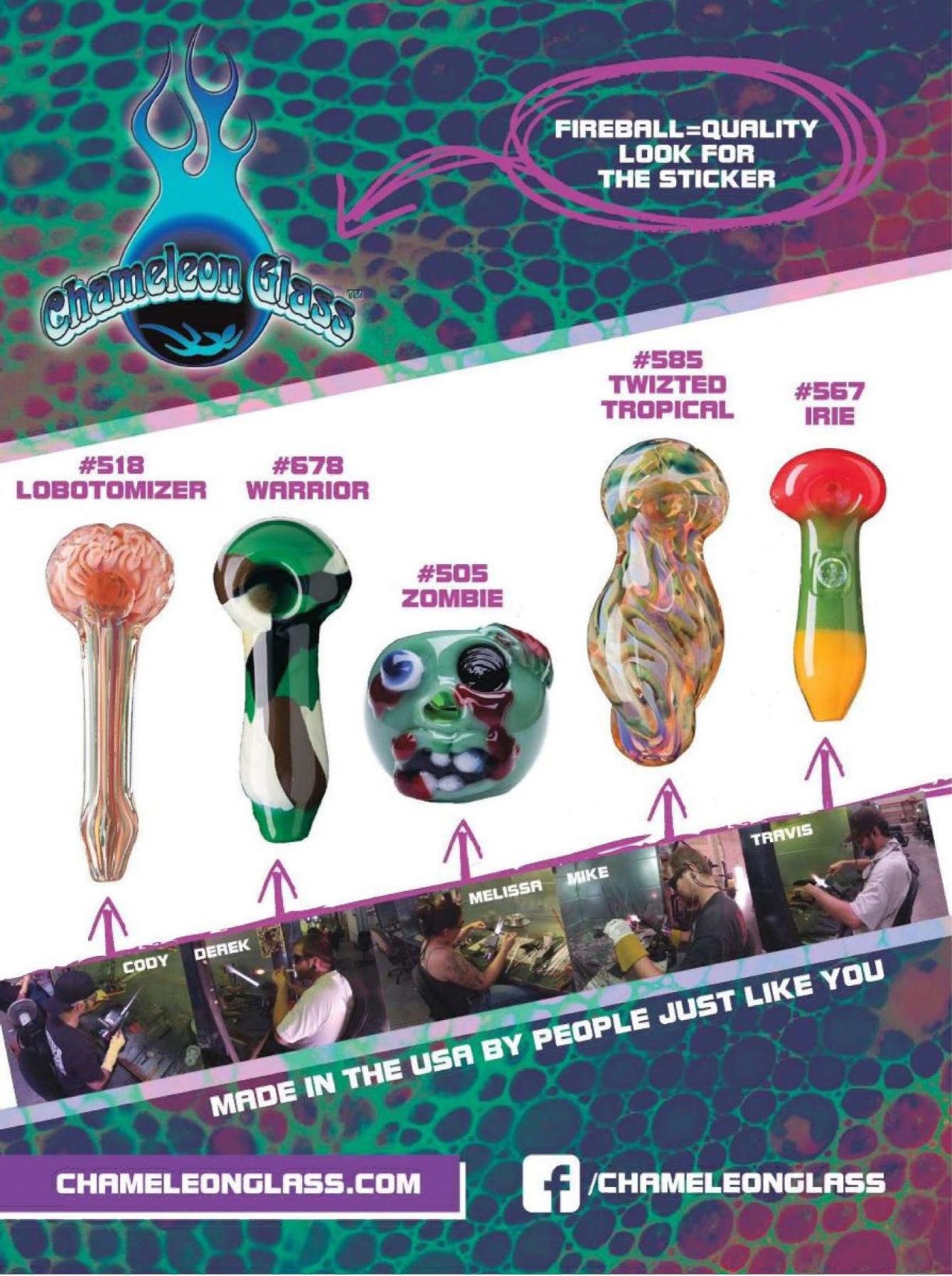


Miss January 2013

NAME: **Jamie**PROFILE: **Maryjamie420**AGE: **29**

CITY: Las Vegas, NV
OCCUPATION: Business owner

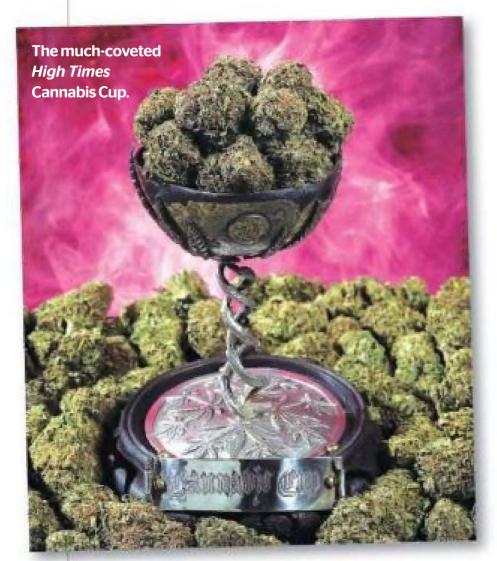
To enter or rate contestants, go to *misshightimes.com*. You must be 18 years or older to enter.



8 Editor's Letter
High Times January 2013

The Cup Turns 25!

f you're reading this, the January 2013 issue of *High Times*, congratulations! You've survived the Mayan Apocalypse. Hooray! Unless you're a zombie, then wah wah. Since the end of the world didn't happen, there's a good chance that you've picked up this magazine in Amsterdam where we're celebrating a huge milestone: the 25th *High Times* Cannabis Cup.



When High Times editorin-chief Steve Hager gathered his friends together in Amsterdam to figure out once and for all who had the best weed, he never could have expected that a global competition would beget an annual event with upwards of 3,000 attendees judging, celebrating and taking sacrament in the much-beloved cannabis plant.

It is no coincidence that we chose to highlight Mila, Amsterdam's Queen of Hash, (page 90) for this issue's *High Times* Interview. While she updates us on the recent Dutch election and what that means for the coffeeshops, tourism and upcoming Cups, she also recalls

tales of her travels hitchhiking as a single mother in the East, which in turn led to her fascinating life history helping shape the Nederhash scene.

While looking forward to—and planning—the competition in Amsterdam, the ball continues to roll with our stateside Medical Cannabis Cups. We're fresh back from the Emerald City where everything was bursting green, from the medical grade marijuana to the soaring evergreens that surrounded our first foray in Seattle. For more about the stellar collectives that entered the Cup and coverage of the event, check out Bobby Black's *Emerald City Honors* (page 57). A quick PS, Bobby was elected to Occupy Wall Street's modern-day Continental Congress, attending the conference which met in Philly this past July 4th. Read his crazy account in *The 99% Solution* on page 82.

Keeping with the hash theme, *High Times* contributor Ry Pritchard interviews Selecta Nikka T (a Mila disciple) about how to safely produce solventless hash and concentrates in *Wax On* (page 72).

And it wouldn't be *High Times* if our cultivation editors didn't offer the latest grow techniques and technology—so don't forget to read how you can produce substantial yields in places like closets, growboxes and tents in *Small Gardens, Big Rewards* (page 45) and get the insider scoop from Nico Escondido (page 62) on what it takes to grow a Cannabis Cup Champion.

Who knows what the future holds? The Mayan calendar may have cut off with 2012, but we can't stop to think about slowing down. We all gotta keep growing, enjoying, and supporting the cause.

Happy New Year!

Jen Bernstein
Managing Editor

HIGH TIMES

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The Quest For Herbal Knowledge

I'm a history major at the University of Missouri at Kansas City, and I've decided to make the War on Drugs my senior research topic. I am particularly interested in cannabis. I've been reading quite a bit of stuff from the university library: I picked up Marihuana Reconsidered by Lester Grinspoon and several other titles, but I've found that I need more information than I can find in these books. So I thought I'd ask *High Times* for suggestions as to what materials an academically-minded pothead should be tackling. I'm a political science and history major, and I'm looking to make cannabis past, present and future my research topic. Thanks!

Benton

It's a big subject, but one good place to start is Smoke Signals: A Social History of Marijuana— Medical, Recreational and Scientific by Martin A. Lee (2012, Scribner). The book is an excellent. thoroughly researched study of our favorite plant, as well as a must-read for anyone hoping to acquire a greater understanding of marijuana.

Question about Kush

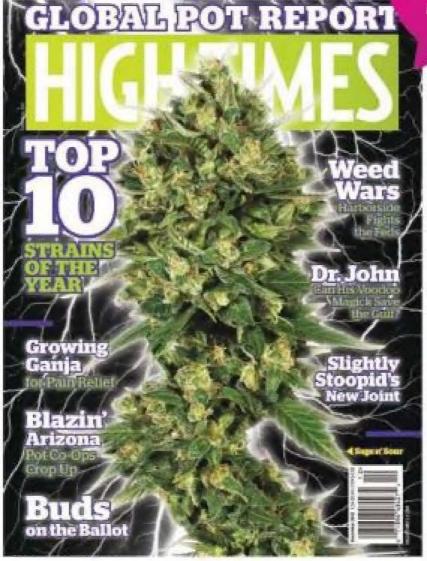
I live in Humboldt County, CA, and I've had a good chance to travel around the state visiting various medical marijuana dispensaries. One thing bothers me: I often see OG Kush labeled as an *indica* which, if untrue, could potentially be a very serious misconception. I've found many contradictory stories on the Internet about the origins of OG Kush, and I'd really like to know what *High Times* has to say on the subject.

Nicholas

We classify OG Kush as an indica-dominant hybrid. The original heritage of this clone-only strain is found in the Afghani genetics brought to the United States sometime before 1973, when travelers on the "Hippie Trail" returned with it. OG Kush was among the first strains able to finish flowering here before the frosts set in, and it formed the basis for such modern-day marvels as Chemdog, Sour Diesel and the many Kush varietals. As is often the case with hybrids, a variety of phenotypes exist, meaning there are Kushes that lean more to the sativa side-but OG Kush is considered more indica-dominant.

Medical Marijuana Marketplace

I'm a horticulture student who also shares a passion for this plant. I live in South Carolina, and now that I'm almost done with school, I'm trying to figure out what to do next on my path to help medical marijuana patients. Other than moving to a legal medical state with my



The weed nowadays is great, but I still maintain that the Thai stick and Cambodian weed I got in the '70s were just as good (or even better) than the pot nowadays.

plant knowledge, I have no clue. I tried emailing other places around the US and never got any feedback from them (some even featured in your magazine), so I hope you guys can help me out. Thanks, *High Times*!

Thomas

One thing you definitely can do, if you're interested in disseminating information about how to grow medical marijuana, is write for us. If you're a smart guy with a horticultural background and access to the plant, we're always looking for a few good men (or women) to contribute.

Dedicated Reader

This is not a letter to the editor exactly, but rather a short note to thank you for selling *High Times* in Canada for the same price as in the USA! For many years, the Canadian dollar was worth just under 70 cents US, so all US-published magazines were at least 30 percent higher here in Canada. For the past few years, the Canadian and American currencies have been on or about par, yet *High Times* is the only magazine I know to lower its price in Canada to match the American price. Thank you for not being greedy like all the other magazines!

I do have one question for you, though. I started reading HT in 1975, and I remember all the gorgeous centerfolds of

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over 50 years old, and I always wondered what happened to these classic strains. The weed nowadays is great, but I still maintain that the Thai stick and Cambodian weed I got in the '70s were just as good (or even better) than the pot nowadays.

Thanks again for keeping High Times' price the same here in Canada—and for almost five decades of wonderful articles and pics!

> Dave Kelowna, BC, Canada

Unfortunately, due to prohibition and a number of other factors, there weren't any seed banks or formal breeding programs in countries like Colombia, Panama, Mexico, Thailand and Cambodia, where those great old-school strains originated, so the genetics most likely drifted over the years. Back then, growers just didn't have the time, inclination or expertise it would have taken to preserve those lines.

Having a High OLD Time

A buddy of mine and I thought it would be a great idea if you could dedicate a portion of your website or magazine to the subject of activities to enjoy while high—for example, a list of movies, music, food, etc., whose enjoyment is seriously enhanced. I know that I'd be interested in looking up some other contributor's or writer's information and trying it myself to enhance my experience.

Kevin

As it happens, we're in the process of expanding our website, so any and all suggestions, comments or contributions along those lines are welcome.

Ongoing Response to Dabs

Hey Russ, Sorry for giving you so much shit on the butane—tough love and you did good brother! Thanks for the article in October's issue where you explian some details to guide interested users. I'll stick with hand rub or bubble hash well cured. Ha! I use a wooden match (light the non sulphur end with a Bic lighter) to smoke the bong or bowl. "Dabs from Eureka" is what the editor called me, but I'll sign simply...

> Shake, Rattle and Roll So. Hum

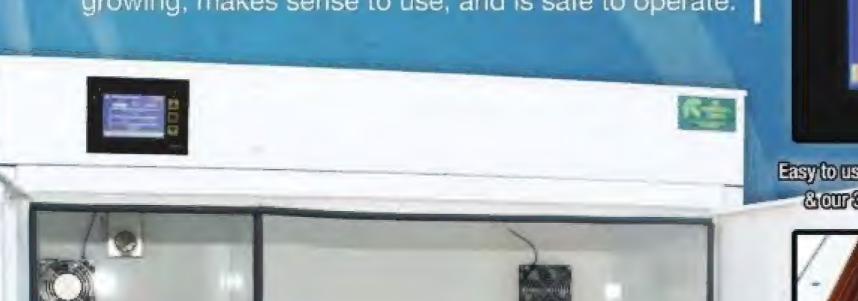


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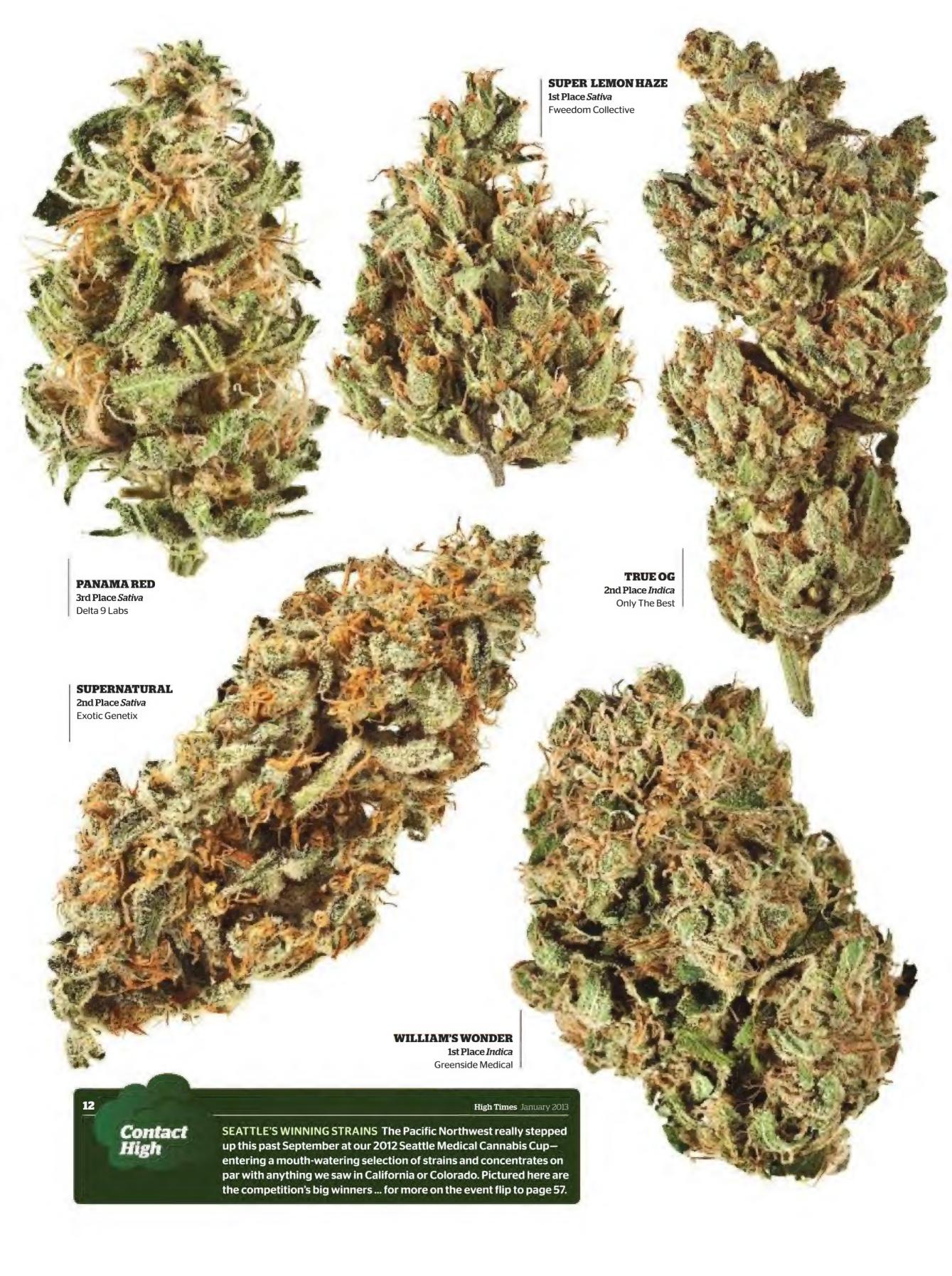


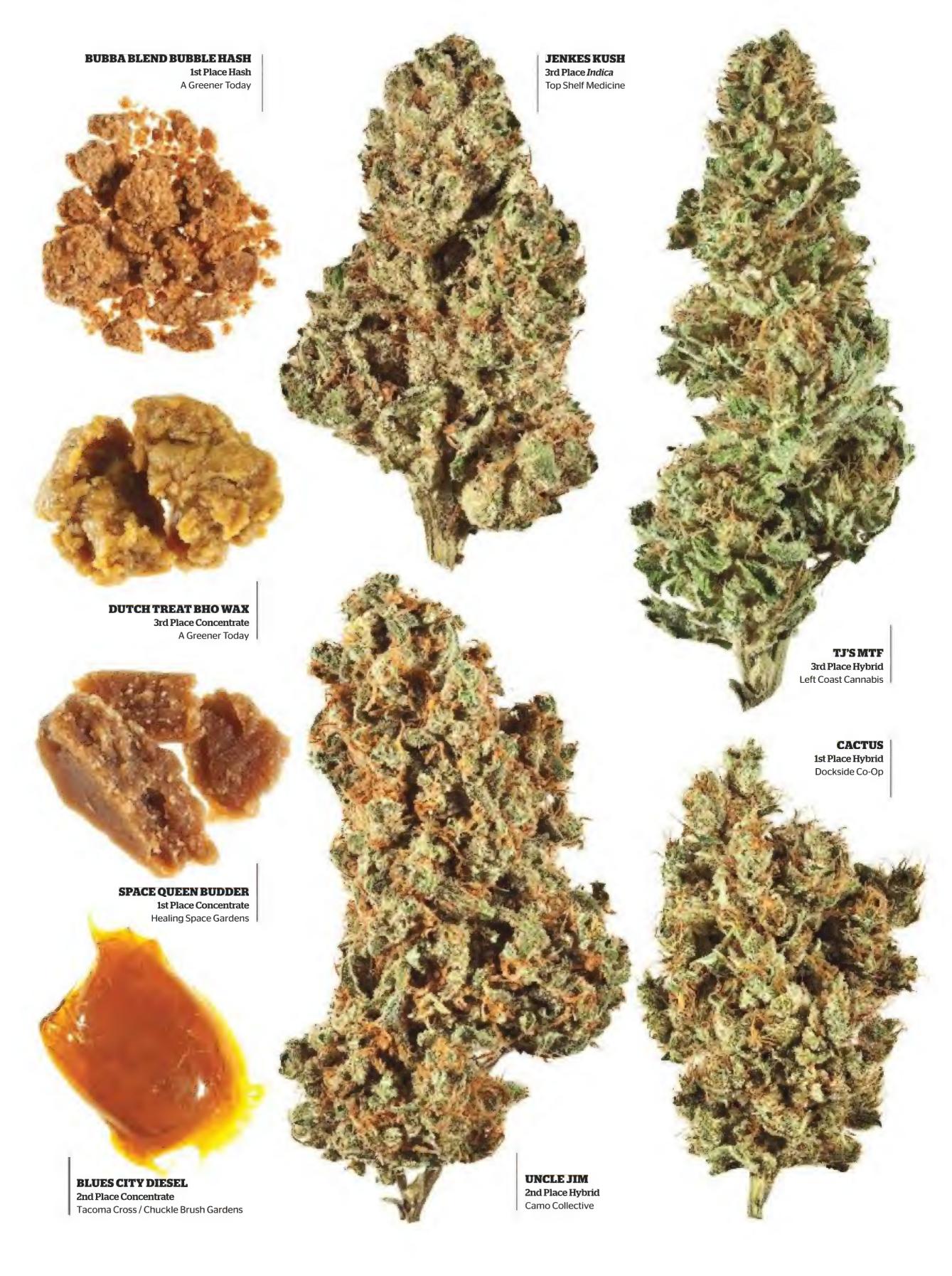
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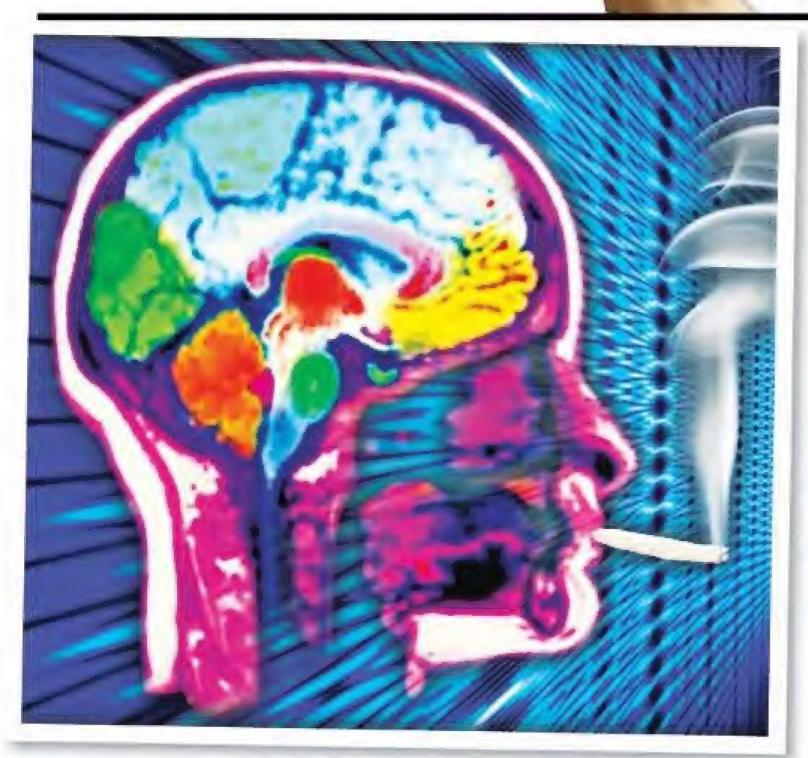
Highwith Aformer Bad Girl gets behind





Food
Birthday
Weed Cake
Start your new year on a
high note p.34





the buds!

Buds on the Brain

Once again, the media trumpets a faulty new study that raises questions about pot's impact on the developing brain. *By Paul Armentano*

Can chronic use of cannabis adversely impact the developing brain? Yes, claim researchers at the Murdoch Children's Research Institute in Melbourne, Australia, who recently reported their findings in the neurology journal, *Brain*.

Investigators conducted sensitive brain imaging scans (MRIs) on 59 heavy long-term cannabis consumers, most of whom began using the substance in their early to mid-teens, and 33 nonusing controls. Researchers reported that chronic consumers experienced up to an 80 percent reduction in their white matter fibers compared to controls. The authors noted that these changes were most apparent in subjects who started using cannabis at atypically young ages, such as 10 or 11. Subjects in the study did not undergo any functional performance evaluations.

"Our results suggest that long-term cannabis use is hazardous to white matter in the developing brain. This was especially true for those who had started in adolescence, as we know the brain is still developing during this time," said the study's lead researcher Dr. Marc Seal, in a press release.

White matter connects neurons in different regions of the brain, particularly those involved in cognition and memory function. Alterations in white matter have been associated with certain types of mental illness, including schizophrenia. The study's investigators cautioned that the observed changes in white matter integrity were not necessarily permanent, acknowledging, "It is possible that the white matter abnormalities associated with cannabis use could be reversible given a sufficient period of abstinence or functional adaptation." On average, participants reported having consumed cannabis, on average, for the better part of 15 years—and most continued to use it just prior to undergoing MRI analysis. Regardless, numerous media outlets hyped the study's far from conclusive findings in the expected alarmist manner, with several headlines affirming: "Marijuana use causes brain damage."

If this refrain sounds familiar, it should. Last summer, mainstream media outlets were abuzz about a US government-backed brain imaging study indicating that heavy users of cannabis experienced a decrease in the number of CB1 endocannabinoid receptors present in the brain. The National Institute on Drug Abuse (NIDA), which funded the study, was quick to assert that the findings were "definitive proof of an adverse effect of chronic marijuana use."

However, others who investigated the results were not convinced. Even the prohibitionist-leaning Fox News countered that researchers had identified "no specific adverse effects of this occurrence" and that subjects' receptors activity appeared to return to normal after several weeks of abstinence.

Of course, if cannabis profoundly altered the brain in a manner consistent with the claims of NIDA and other anti-pot zealots, one would think that 20 Highwitness News
High Times January 2013

scientists would not need to go to such extreme lengths—such as magnetic resonance imaging—to document the ill effects. Rather, the proof would be exhibited via cannabis user's consistently poor performance. Yet, most of the available evidence assessing cannabis use and cognitive functioning indicates that adult consumers, including long-term users, perform similarly to non-users. These include numerous evaluations of subjects' cognitive skills and intelligence quotient. In fact, a comprehensive 2003 review of the scientific literature by researchers at the University of California at San Diego "failed to reveal a substantial, systematic effect of long-term, regular cannabis consumption on the neurocognitive functioning of users who were not acutely intoxicated."

More recent trials have yielded similar results. In January, researchers at the Kings College School of Medicine in London investigated the association between self-reported illicit drug use and cognitive functioning, including assessments of working memory and executive function, during the mid-adult years in some 9,000 subjects. They concluded: "At the population level, it does not appear that current illicit drug use is associated with impaired cognitive functioning in early middle age. The lack of association appears to be

Most of the available evidence assessing cannabis use and cognitive functioning indicates that adult consumers perform similarly to non-users.

congruent with previous evidence showing the absence of a long-term residual effect of illicit drug use on cognition."

Most recently, in July a review authored by investigators from the University of Central Florida reported that chronic cannabis consumption is, at most, associated with "small" short-term effects on neurocognitive skills. However, researchers found no evidence of pot's lasting effects on cognitive performance in subjects who abstained for several weeks. "Studies evaluating users after at least 25 days of abstention found no residual effects on cognitive performance. These results fail to support the idea that heavy cannabis use may result in longterm, persistent effects on neuropsychological functioning," they concluded.

Fewer studies are available evaluating the potential impact of cannabis on adolescents' developing brains. But a 2006 trial by investigators at the New York School of Medicine found "no evidence of cerebral atrophy or loss of white matter integrity" attributable to cannabis

use in the brains of frequent adolescent marijuana users compared to non-using controls, after performing MRI scans and other advanced imaging technology. More notably, a 2009 study published in the scientific journal *Neurotoxicology and Teratology* reported that cannabis use likely protected white matter integrity in teens that frequently engaged in binge drinking.

By contrast, a just-published MRI study by investigators at the Brain Institute at the University of Utah reported differences in cerebellum activity in young cannabis users versus non-users. These results, like those recently documented in Australia, arguably warrant further examination. But they in no way support the notion that adults ought to be prosecuted for their use of a substance that poses far fewer risks to the brain, including the developing brain, than alcohol. **

Paul Armentano is deputy director of NORML.

HIGH FIVE

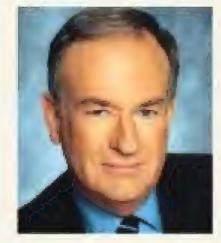
Lies'R'Us

2012 was a banner year for idiotic anti-pot comments. By Mark Miller



BARBRA ROACH

After moving to Colorado to head the DEA office, Roach told the *Denver Post* that she wanted a dispensary-free city for her family: "People are not taking into account what can happen... There are homes with mold and water damage in the hundreds of thousands and there are children in there too." Yep, you can't turn on the news without hearing about another kid maimed by marijuana mold.



BILL O'REILLY

In the "Hidden Agendas
That Can Hurt You"
segment of his FOX
program, The O'Reilly
Factor, Bill offers a tinfoil
hat medical marijuana
conspiracy theory: "In
those [medical pot] states,
anyone can walk in with an
alleged pain in their toe and
walk out with an intoxicant.
It's a ruse to legalize
(recreational) marijuana."
The only ruse is O'Reilly's
disinformation.



JOSE HUIZAR

The LA City Councilman is the architect of the crackdown on local dispensaries. When LA's recent dispensary ban (since struck down) was signed into law, Huizar celebrated: "It is my hope that communities can now begin to reclaim their neighborhoods from the over-proliferation of illegal marijuana storefront dispensaries." As if Huizar's constituents were under siege from gun-toting drug gangs. Oh, right. They are.



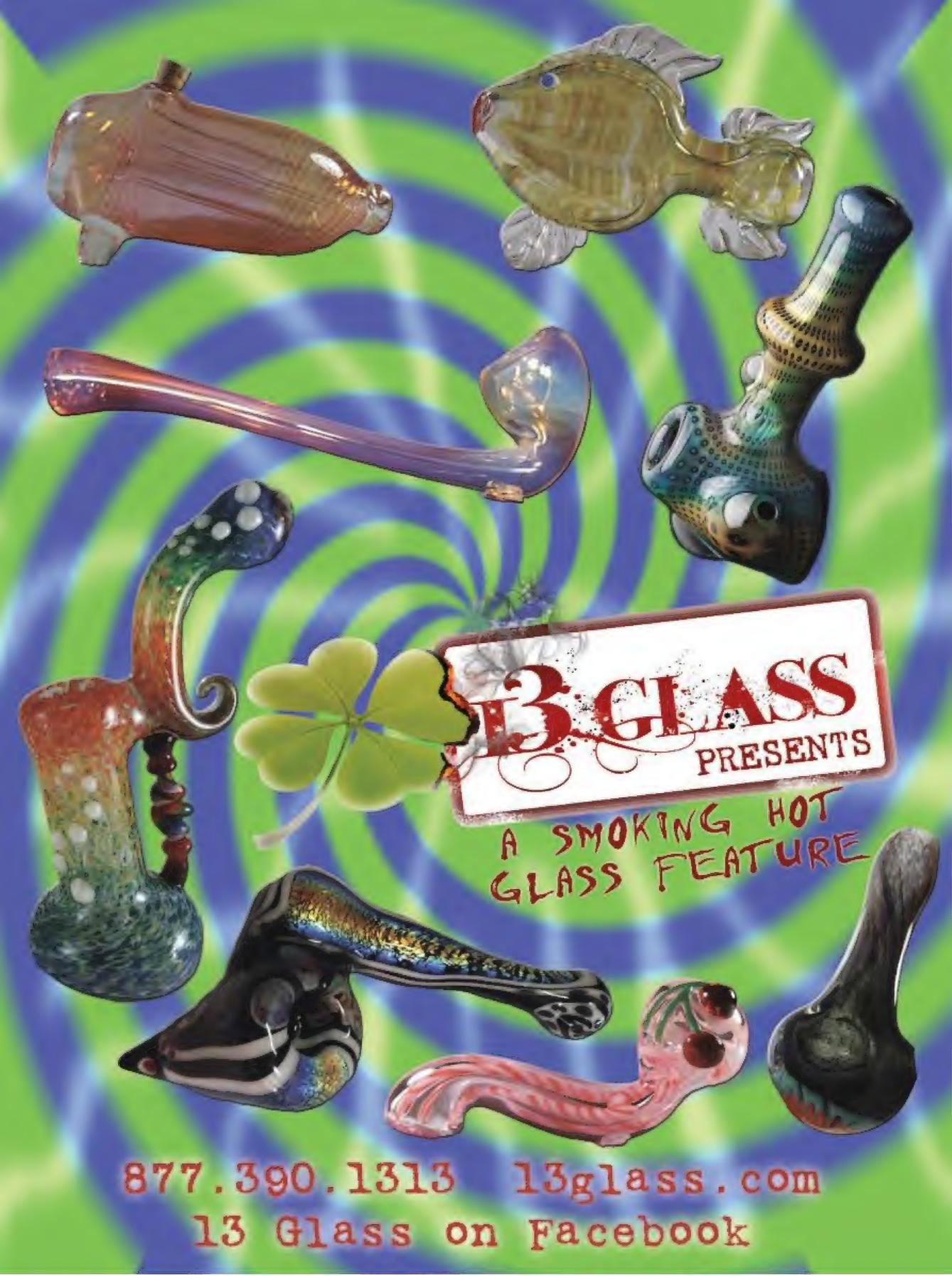
MELINDA HAAG

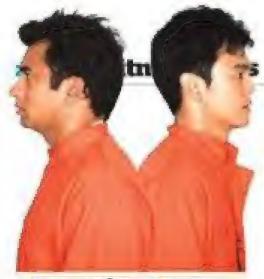
Haag is one of four federal prosecutors behind the federal crackdown on med-pot in Cali. She targeted Harborside Health Center and declared: "The larger the operation, the greater the likelihood there will be abuse of the state's medical marijuana laws, and marijuana in the hands of individuals who do not have a demonstrated medical need." That's your evidence? For a prosecutor, you're a moron.



MIKE CALLTON

The Michigan State
Representative Callton
couches his opposition
to medical marijuana in
archaic 1950's terminology:
"You have marijuana users
that have a prescription
for it and figured out how
to use it in a leisure form
legally. I can't think of any
other medicine that you
take socially with other
people in a comfort club
setting." So medicating
leisurely is now a crime?





High Hypocrisy

In Harold & Kumar Escape From Guantanamo Bay, stars John Cho and Kal Penn get high with (a clearly fictitious) George W. Bush. It's hands-down the funniest scene in the second installment of their stoner-comedy franchise.

At the 2012 Democratic National Convention, Cho and Penn appeared in a short video with a very solemn (and real) President Obama on the phone, who advised them "there's a lot at stake here" and added that he was "counting on them." We then see Harold and Kumar kicking back on the couch to watch cartoons, surrounded by junk food. The implication is that the duo is stoned yet again. Harold asks Kumar, "Dude, who was that? Sounded intense."

Kumar replies, "The president."

Harold pops a Cheeto in his mouth: "Sweet!"

The pair starts laughing at the cartoon, the phone call from Obama already forgotten. The video was meant to promote the fact that Penn was hosting coverage of the convention on Obama's website. But in light of the administration's concerted crackdown on the medical marijuana industry, nobody in the cannabis community was laughing.



Who's Growing Your Pot?

Determining how much domestic versus imported pot Americans consume annually is difficult due to the nature of the black market, which by definition doesn't report sales figures. However, domestic production seems to be on the rise, thanks in part to the cultivation of legal medical pot. The Rand Corporation, an American public-policy think tank, recently told the multimedia journalism organization Fronteras that a drastic decline in wholesale pot prices has occurred: In recent years, a pound of top-quality Northern California bud has dropped from an average of \$3,500 a pound to \$2,500. In other words, supply is catching up with demand. However, Rand also estimates that 80 percent of all pot available in the United States is "commercial grade," and that as much as two-thirds of it was grown in Mexico.

The Feds, meanwhile, report different numbers. Based on the number of smuggling seizures, the government estimates that anywhere from 30 to 50 percent of US pot comes from Canada and Mexico. It's possible that twice as much imported pot is being seized than is eradicated domestically—another factor indicating a sizeable uptick in domestic cultivation.

The Bitter Pill

According to a new survey, since 2002
prescription drug abuse by young
people has dropped 14 percent.
Furthermore, there's been a
decrease across all age levels
in the number of people who
abuse narcotic pain pills, tranquilizers, stimulants and sedatives:
6.1 million, down from 7 million in
2010. Experts say the decrease indicates that public health
and law enforcement efforts are working to curb prescrip-

and law enforcement efforts are working to curb prescription drug abuse.

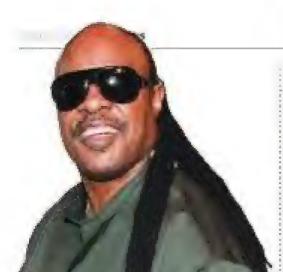
Uh. not so fast. Apparently, the survey reveals that a half-

Uh, not so fast. Apparently, the survey reveals that a half-million more people are addicted to pain relievers. There were 936,000 pill abusers in 2002; now there are reportedly 1.4 million. About a third of those are 18 to 25, the survey found.

Marijuana, though, is growing in popularity. While smoking and drinking has declined, another study (Monitoring the Future) reports that 12.4 percent of eighth- and 10th-graders had used pot in the previous month.

Shampoo Shampoo

A new study conducted by the University of Utah and published in the journal *Clinical Chemistry* found that the established methods for urine-testing newborn infants to detect marijuana in their system—allegedly passed on by their mothers—are untrustworthy and should not be officially reported without confirmation by an alternative test. Utah researchers confirmed that the compounds polyquaternium and betaine (both found in many household products, including baby shampoos) triggered false positives for THC in infant urinalysis. Innocent mothers have actually lost custody of their babies due to these flawed tests.

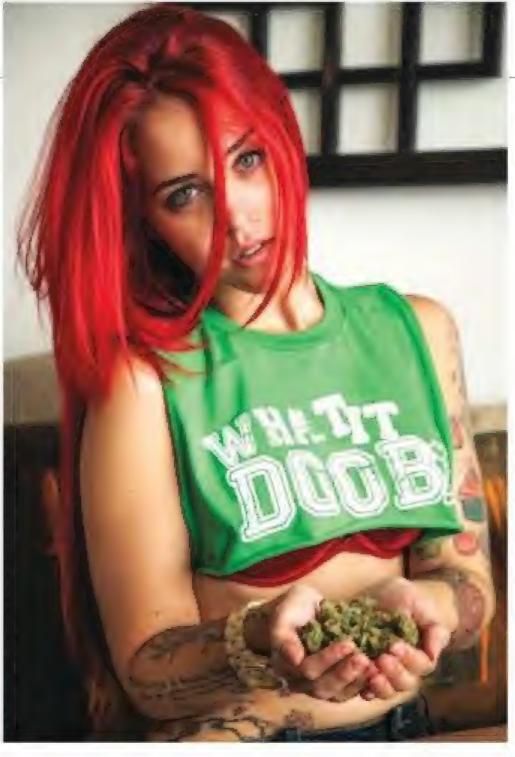


Not So Wonder-ful

Stevie Wonder recorded the soundtrack for The Secret Life of Plants in 1979, but that apparently didn't include marijuana. In a recent interview with the UK Guardian, Wonder said: "When I was 21 [in 1971], I smoked marijuana and I didn't like the way it made me feel." Fair enough—hard as it is to believe, the wonder weed may not be for everyone. But then he added: "When I woke up the next morning, I felt like I'd lost part of my brain."

Um, are you sure that was a joint someone handed you, Stevie? You tried it one time, and *bam* ... half your mind was missing! Then again, Wonder's anti-pot diss might explain another learned opinion he expressed in the interview: that some gay people are "confused" about their sexuality.

It's been said before, but we'll say it again: *Shut up* and sing!



Bud Girl Not a Bad Girl

It's nice to know that there's life after a reality series. Because Sydney Steinfeldt, who starred in season six of *Bad Girls Club* (Oxygen), wherein self-proclaimed bad girls live in a house together and indulge in mayhem, knows that there's enough reality in the real world to keep her occupied for a lifetime.

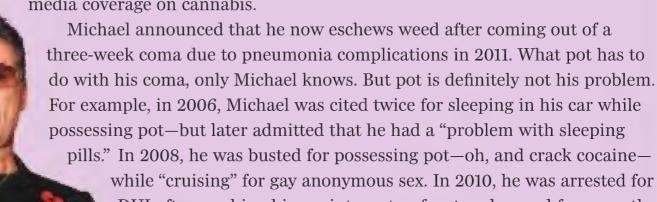
Sydney, who lives in Dallas, TX, is called "Red" by friends, but she's definitely into the green. Sydney wants everyone to know "I'm a hipster on a mission!" That includes joining the battle to free marijuana. "We've got to work together to legalize it, she says.

Sydney also also seems to be an impatient stoner. When we asked her what her smoking preference is, she responded, "Blunts, dabs--just smoke. If you ain't smokin, then pass that shit!"

Yes, ma'am...

George of the Bungle

Pop singer George Michael, 48, has given up pot, and he has the full support of *High Times*. Frankly, we're sick of him blaming pot for all of the troubles in his bizarre life and generating yet more negative media coverage on cannabis.



DUI after crashing his car into a storefront and served four months in prison. While weed was the inevitable focus of his conviction, he was abusing the prescription drug amitriptyline at the time; its side effects include drowsiness and confusion. So Michael should leave the pot smoking to those who can handle it—apparently, every other person on earth besides him.

Pot, Politics and PEDs

Is pot a "performance-enhancing drug"? According to the World Anti-Doping Agency, it most certainly is. In the recent Olympics, judo fighter Nick Delpopolo was booted for testing positive for THC. (Delpopolo claimed he'd accidentally ingested pot-laced brownies prior to the Games.)

First off, WADA classifies pot

as a PED because of its ability to decrease anxiety and fear, along with its potential for improving certain degrees of oxygenation and concentration. Second, it's regarded as a health risk because it causes "decreased cognitive performance." (But then how could it increase concentration? Consistency, people!) Third, pot use violates the "spirit of the sport," since Olympians are perceived as role models.

Please

toking!

stop

Still, athletes in virtually

every sport—from swimming to running to MMA fighting—use pot. But is it intended for relaxation and post-competition stress release, or do athletes believe it aids them during the competition itself, augmenting concentration and possibly improving hand-eye coordination?

"There's no evidence cannabis is ever performance-enhancing in sport, and since its use is legal in a number of countries, there's no reason for it to be banned by WADA," says David Nutt, a professor of neuropsychopharmacology at Imperial College London, speaking to Reuters.

In fact, even *caffeine* was banned by the WADA until 2004. But it appears that widespread global decriminalization has to occur before the agency even considers removing pot from its list. Until that time, athletes will have to choose carefully between Olympic gold and Colombian Gold.

HIGHWIRE

Dispatches from the international drug war. By Bill Weinberg



Lebanon: Cannabis farmers block roads

In early August, two

police officers and two soldiers were wounded in separate shootings during a wide-scale crackdown on cannabis fields in Lebanon's Bekaa Valley. An army major and lieutenant were wounded when a joint cannabis-eradication task force came under fire by farmers in the Yammouneh area near Baalbek. The following day, the farmers and their families blocked roads into the area to prevent security forces from burning their cannabis fields. Villagers set up tents along the highways, staged sit-ins to block traffic, and even erected barricades made from rocks and burning tires. The head of Yammouneh municipality, Mohammed Sherif, participated in the sit-in along with a number of local village mayors. The protests were called off the next day when the government agreed to enter into a dialogue with the farmers about compensating them for their destroyed cannabis crops.

Brazil: Anti-narco drive launched

Brazil announced the mobilization of nearly 9,000 troops to its borders with four neighboring countries as part of an operation



Afghanistan: Fighting a futile opium war

Last August, the United Kingdom's Royal Air Force boasted that its Reaper drones had helped uncover a stash of heroin with an estimated street value of over £10 million. The Reapers, remotely piloted by members of the RAF's 39 Squadron, tracked two vehicles after determining that they were likely to contain hidden compartments. A raid on the vehicles by US Marines and the Afghan National Security Forces led to the seizure of 1,208 kilos of dried opium and 59 kilos of processed heroin.

According to the latest UN figures, Afghanistan remains the planet's main supplier of opium, accounting for over 90 percent of world production.

aimed at disrupting narco-trafficking networks. Army, navy and air force personnel were all deployed along the country's frontiers with Argentina, Paraguay, Bolivia and Uruguay, the Defense Ministry said. "One of our objectives is to control the airspace, which is being used for illegal activities such as the drug trade and other contraband," Brigade Commander Jose Geraldo Ferreira announced. The August operation, code-named Agata 5, was slated to last 30 days and deploy F-5 fighter jets to patrol skies above the border zones.





Peru: Police seize 50 tons of cannabis

Peru appears to be rapidly catching up with Colombia and Paraguay as South America's top producer of cannabis. Late last summer, the National Police announced that they had destroyed more than 50 tons of cannabis following a five-day operation that uncovered a record 207,000 plants in two central regions of the country. Interior Minister Wilfredo Pedraza said the operation led to the burning of 17 times more cannabis than had been destroyed in all of 2011.

Mexico: Federales shoot up US embassy car

In late August, a group of Mexican federal police agents attacked a US embassy car in Morelos state, just of south of Mexico City, wounding two US officials who were traveling with a member of the Mexican Navy to a military training facility. The embassy car had diplomatic license plates, while the federal police were reportedly traveling in four unmarked vehicles. Mexican authorities detained 12 federal agents in connection with the shooting and opened an investigation.



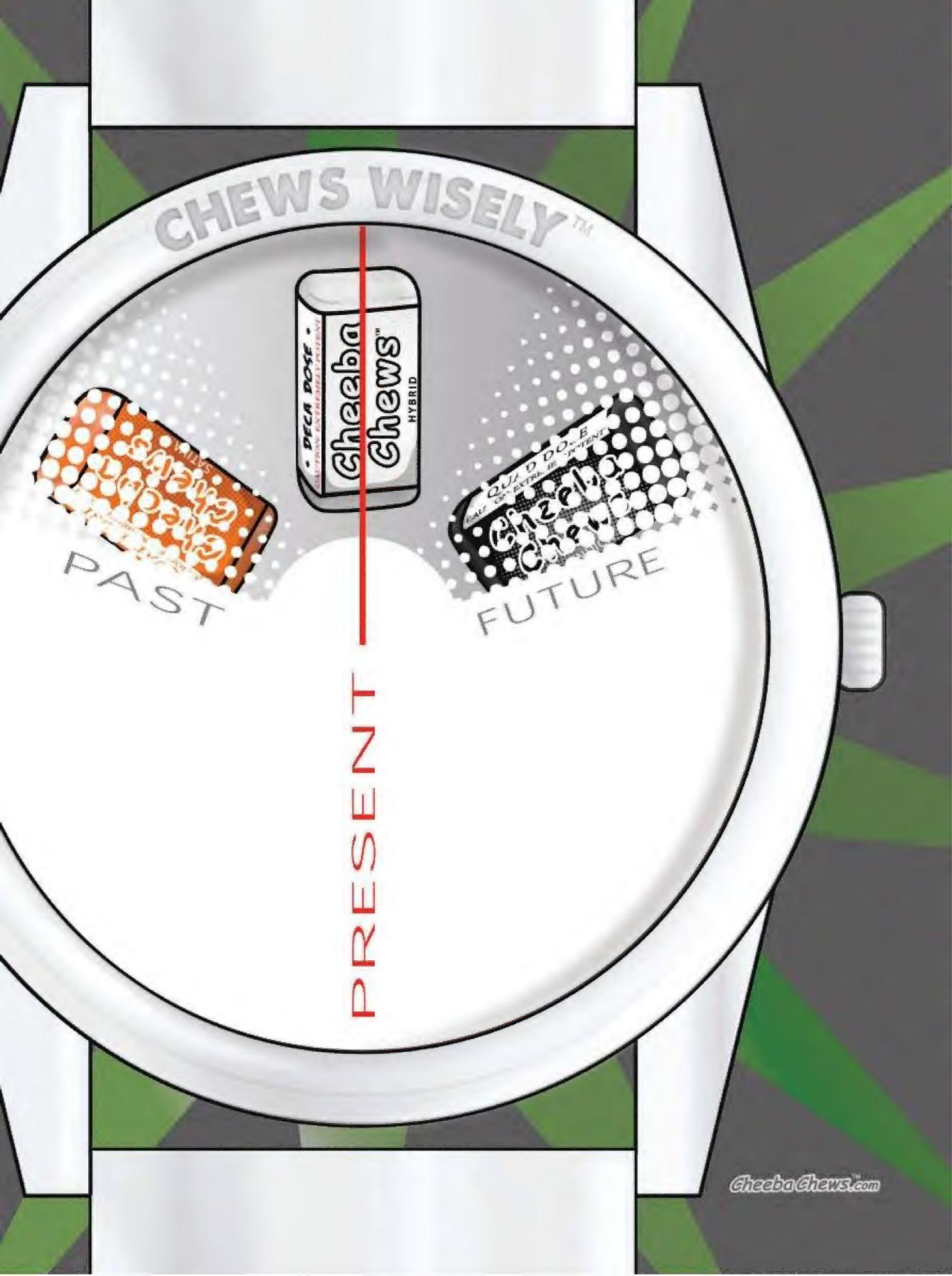
The federal prosecutor general's office is reportedly focusing on "confusion" on the part of the agents, who claimed they were in the area to investigate a kidnapping. The US embassy condemned the attack as an "ambush."



USA: Romney donor's company involved in drugmoney laundering?

According to a report in the Wall Street Journal, the United States attorney's office in Los Angeles is investigating possible money laundering by a Chinese-Mexican pharmaceutical entrepreneur, Zhenli Ye Gon, through the Las Vegas Sands casino company—whose CEO and largest shareholder is US billionaire Sheldon Adelson, a major donor to the Republican Party. The company reportedly failed to inform authorities about suspicious money transfers by Ye Gon until the publication of a newspaper article about him in 2007. Adelson himself is apparently not being investigated at this point, while Ye Gon is in US custody awaiting extradition to Mexico on drug charges.

For the latest in world updates, see Bill Weinberg's websites, GlobalGanjaReport.com and WorldWar4Report.



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Sparkin' the Revolution

Trading shots with Machine Gun Kelly. By Mark Miller

Maybe we should have picked a different question to open the interview. When Machine Gun Kelly (he of the rapid-fire flow) sat down with *High Times*, we immediately asked him about the meaning of the term "lace up," which is also the name of his new album on Bad Boy Records—a phrase that online fans insist originated with him.

But MGK wasn't about to share the true meaning of the phrase: "It means a lot to me, so I don't want to commercialize it ... I don't want to give it away to the mainstream." (Wait, so *High Times* is now "the mainstream"? Who knew?) "I don't want Paris Hilton walking around saying, 'Lace up," he adds.

Okay, so no one's going to blame you there, MGK.

Musically, *Lace Up* promises to be diverse, leaving aside the dubstep backing beats and adding metal to the mix, such as the album's leadoff collaboration with Avenged Sevenfold, which had MGK beaming with pride over having been embraced by a prominent band in another genre.

Lyrically, MGK is more abstract this time around for example, musing on the notion that "chasing a dream is better than achieving the dream"-and from first track to last, Lace Up comes full circle conceptually. MGK says that he draws his inspiration from the everyday-for example, a man scrubbing floors at a hotel, "shit I used to do." By not turning away, MGK makes a deeper connection: "That guy probably had a dream when he was my age; he had a vision. Education teaches you how to be a lawyer or doctor, but they never teach you to put all your cards on the table and risk it all because the rewards are greater."



Musically, MGK says he relies on a mix of pot and pain: "Drugs have inspired me, because I've used them when I'm doing the shittiest, and that's when my songs are at their best."

Asked about the future, MGK projects beyond record sales and concert receipts: "I'm looking to change people's lives ... that's my ultimate goal." MGK is convinced that his fan base could spark a "true revolution at the drop of a dime." He compares it to a scenario like Fight Club's Project Mayhem: "We have enough fans to make somebody's day hell—we just haven't chosen to activate it yet."

Once the subject turns to pot, MGK has effusive praise for Lemon G; he loves the *indica*'s citrusy taste. The super-*sativa* Green Crack is his go-to "energetic" strain:

MGK said he got so stoned and cotton-mouthed from Green C while driving that he started scooping handfuls of snow off the roof of his ride into his mouth—and even after he parked the car, he continued to eat snow off the ground. That experience inspired him to write a song about Earth Day.

And the last time MGK played the cannabis capital of

the Emerald Triangle—a.k.a. Humboldt, CA—he was given "bags and bags" of weed by fans after the show and ended up so blazed that he got his first tattoo. "It was fucked up," he admits.

When writing lyrics and creating new tracks, MGK says he relies on a mix of pot and pain: "Drugs have inspired me, because I've used them when I'm doing the shittiest, and that's when my songs are at their best. The shittier things are, that's when the passion comes out. The shittier I feel," he concludes, "the better the song turns out." **



Machine Gun Kelly's Breakout

Machine Gun Kelly (a.k.a. Richard Colson Baker) launched his career by releasing a series of mixtapes—including Stamp of Approval (2006) and 100 Words and Running (2010). MGK was also named by hip-hop magazine *XXL* as one of the "Top 10 Freshmen of 2012."

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Hip-Hop and High Times

We talk Purps with Killer Mike. By Justin Hampton

Rolling into the midst of downtown Los Angeles in a chartered black Escalade, Killer Mike has already phoned ahead for a barber to meet him at the studio where his *High Times* interview and photo shoot are taking place. Eventually, Mike's mom is going to read this article, and she insisted that he get a haircut before being photographed for a magazine she raised him on. "She let me read *High Times* and *Playboy* as a child," Mike elaborates. "Who lets their child do that? People who want their child to grow up to be intelligent rappers!"

Indeed, it's flattering to hear about the magazine's formative influence on the skills and ambitions of "Killer" Mike Render, the Atlanta-based hip-hop MC who sprang from the Outkast crew to produce some of the smartest, most uncompromising hip-hop of his time. But the basic artistic elements have always been there, from the fiery polemics of the BET-banned "Burn" to the autobiographical confessions of "Grandma's House." The main difference this time was the unprecedented freedom he had to make his sixth LP, the critically acclaimed R.A.P. *Music* (Williams Street), which allowed him to do it his way. "My second single [off his debut album *Monster*] was supposed to be 'Reakshun,' with T.I. and Bun B," Mike offers as an example. "[R.A.P. Music's] 'Big Beast' right down to Bun and Tip's cameos—was an opportunity to make that finally happen. So that's why it led off the

record: It's what I've been trying to do for 10 years."

Mike credits the tough, moody sound of the album not only to producer/Def Jux founder El-P, but to the ounces of Sour Diesel inhaled during the album's gestation period in Brooklyn. Obviously, Mike grew up around weed, and later moved into selling it to pay for his books while attending Morehouse College, but it took Granddaddy Purp to make him a daily smoker. Mike opines that his position on the War on Drugs veers toward

Mike credits
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libertarianism; he decries the conviction of Black Mafia Family co-founder Demetrius "Big Meech" Flenory as a political railroading. "[He] was not caught with anything, and I believe he's only in jail because of his ability to organize more than 200 black men."

Ultimately for Mike, it's all about thinking and supporting local solutions. "With liberty comes responsibility—and so the responsibility—and so the responsibility you would have as a smoker means that you have to do things within your region to keep your grower going. 'Cause it *can* raise an economy."

For now, Mike is content with life as an intelligent rapper, and he'll be setting sail with El Producto on the inaugural Coachella Boat Cruise this December. But he likes to keep his options open (or, as the most personal track on his new album puts it, "Untitled"). That strategy will help in the long run: "If you're dope, you become ageless and timeless," he says. "My ambition was always to be dope, so I'm glad that it's happened in the time that it has." *



Killer Mike's Rap Sheet

In the '60s, Mike's grandmother participated in and marched with Martin Luther King's SCLC. Mike runs the barbershop Graffitis SWAG (Shave, Wash and Groom) in Atlanta on 3461 Roosevelt Highway and he's performed for and spoke to Occupy Atlanta during its Hip Hop Festival in October 2011.

January 2013 **High Times**





UNSIGNED BAND OF THE MONTH

Science!

Science! is a musical pursuit of empirical evidence, using poetry and soundscapes to express the truth of daily life. Science! is something for the everyman to believe in. The band explores the challenges of existence with a rip-roaring exclamation that every ounce of humanity matters. It's political, it's daring and dreamy, it's the place where rock and folk meet to dance, smile and raise a frothy brew in celebration.

Science! is comprised of guitarist and vocalist Justin Stang and multi-instrumentalist



Jim Elenteny. When backed by Elenteny's nimble fingers plucking an acoustic solo, Stang's raspy vocals and pensive wordsmithing elevate to heights that exceed some of his previous work with Sideways Reign. Elenteny, previously known around Seattle as the bassist for the four-piece Nefarious Jones, picks up the acoustic six-string to effortlessly blend with Stang's strumming and vocals.

Stang and Elenteny released their debut self-titled EP in the fall of 2012, featuring Blind Melon's Glen Graham on drums. For more information on Science!, including audio samples and tour dates, visit hightimes.com/science.



It's Getting Funky Up In Here

From Berklee to Brooklyn, how Lettuce crushed the funk foundation and built it back up. By Jen Bernstein

66We can get

out there and

improvise, but

we never lose

that pulse.99

That unmistakable groove—the one that has your feet stepping, shoulders dipping, knees bending and booty shaking as you dance without surrender ... you know the one? It's the jam where you *know* you're a badass. It's the late-

night music that keeps the party going. Maybe you think James Brown did it better, 'cause he did it first, creating the funk-sound template of the mid-'60s—but nowadays it's the band Lettuce who continues to burn that fire, who've grabbed the reins and kicked that shit into high gear.

If you were hanging out in the Boston music scene 20 years ago and detected an unmistakable aroma wafting out from beneath the Berklee College of Music's practice room doors, there's a good chance you were getting your first whiff of the super-funk group Lettuce.

Getting high, listening to tapes and bonding in the dorms while attending the music school's prestigious summer program were 16-year-old Eric Krasno (guitar), Adam Deitch (drums), Adam Smirnoff (guitar), Ryan Zoidis (trumpet) and Erick Coomes (bass)—who, at the end of five straight weeks of creating infectious dance grooves, made a pact to return to Berklee after their high school graduation to form a band.

Their first gigs were college parties. They

scoped out frat houses and basements, looking for any chance to play live, bringing their instruments along. When the scheduled band took a break, the budding young funkmeisters would approach and say, "Let us play, let us play." And

through rowdy persistence, the name somehow stuck: Lettuce.

"The reaction was incredible,"
Deitch recalls. "These college kids
would be digging a Jerry Garcia
cover band, and then we'd come on
and bring the heavy funk, and they'd
explode and go crazy. We got addicted
to that energy, and as a band, we want
that. We knew this was it."

Lettuce, who opened for the Dave Matthews Band over the summer, also recently dropped their long-awaited third album, *Fly*, tearing through each new track, in order, at the official album-release festivities at Brooklyn Bowl.

"It's a party, you know," says Krasno. "Part of our evolution is that it *is* a party, but with this album it's also a bit more psychedelic, and our shows are getting that way, too—but without losing that party vibe. We can get out there and improvise, but we never lose that pulse, and people can always dance to what we're doing."

And in case you were wondering, Deitch adds that they still *love* the green: "Hey, we're not called Lettuce for nothing!" *

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The War Next Door A Mexican Drug War Primer

As nightmarish violence continues in Mexico, a couple of academics in England provide a 250page primer on why this happening now, and take a stab at what can be done to address the crisis.

In Drug War Mexico: Politics, Neoliberalism and Violence in the New Narcoeconomy, Peter Watt and Roberto Zepeda trace how the crisis developed along with Mexico's embrace of the "Washington Consensus," starting in the 1980s. This refers to the economic dogma of "free trade"—demanding borders open to US imports and that state protections of domestic industry be dropped. Under NAFTA, unemployment jumped as state enterprises were privatized, and rural poverty grew as corn prices dropped thanks to cheap US imports. The cartels filled the economic vacuum, as unemployed youth became traffickers and peasants turned to growing dope. The US-Mexico border became more porous for goods and capital, facilitating easier smuggling and money-laundering.

In 2006, President Felipe Calderón declared



Drug War Mexico: Politics, Neoliberalism and Narcoeconomy

by Peter Watt & Roberto Zepeda (Zed Books)

"war" on the cartels in response to escalating narcoviolence. Far from pacifying the cartels, the situation only escalated to a *real* war.

Watt and Zepeda find hope in last year's "No More Blood" campaign, a citizen's mobilization against the violence led **Violence in the New** by poet Javier Sicilia, whose son was brutally murdered along with six young friends in Cuernavaca. The authors see hope in this movement

making common cause with the Arab Spring and Occupy Wall Street to seek "alternatives to the dominant global order."

The authors end with a challenge to a purely libertarian solution. Legalization, they write, "could potentially reduce the huge profits involved" in the narco trade, but "would not necessarily on its own present a long-term answer to the institutionalized corruption and the eruption of violence." Bill Weinberg

MUSIC RECOMMENDATIONS



ASAP Mob Lords Never Worry (Mixtape)

The weed toking, style showing, seven-man A\$AP Mob is the closest hip-hop has come to Bone Thugs-N-Harmony post-millennium. Aside from A\$AP Rocky, the group's ringleader and star performer, none of the other members impress with their lyrics. Instead, A\$AP Ferg, A\$AP Ant, A\$AP Twelvy

and their Harlem brethren smoothly ride over beats like a brand new Cadillac, allowing for an experience that's only fully realized with a bong or a nice, fat spliff. For those who loved the trill vibes on A\$AP Rocky's debut, Lords Never Worry brings you right back to the same place. Pierce Watson



Slaughterhouse Welcome To Our House (Shady Records)

Slaughterhouse formed as an official super group featuring Joell Ortiz, Joe Budden, Crooked I and Rovce Da 5'9" with Eminem. Welcome To Our House doesn't lack anything with its lyricism, with each member verbally assaulting the listener on almost every track. The album is neither

hype enough to wild out to, nor smooth enough to kick back to. As with other groups eager to blow, the production becomes detrimental to the experience they intended to provide throughout the album. Synthy, disjointed beats frame an album that's about as cohesive as a wet band-aid. Pierce Watson



Big Ol' Dirty Bucket Big Ol' Dirty Bucket (Big Ol' Dirty Bucket Records)

Big Ol' Dirty Bucket's debut album blasts out of the starting gates with "Photonic People," where they shout out "Let's smoke a bong like Cheech and Chong," and keeps the musical energy flowing to the album's final note. The 10-piece band, led by the powerful vocals of Sarah "Lil'

Shrimp" Seminski, hit the scene at Boston's infamous Middle East venue, then started performing with heroes from Parliment Funkadelic/420 Funk Mob. They are definitely funky, fun, and cover topics from kickin' Chuck Norris weed to the intricacies of post-breakup Sex. Mary Ought Six



Merchandise Children of Desire (Katorga Works)

Shadows are falling long on the East Coast all the way to Tampa, FL, where Merchandise mine the thin gray vein of lo-fi late-70s gothy new wave with glittering pickaxes forged in modern furnaces. Glowing budget synth sounds buoy the otherwise stark "Thin Air"; blurry, jawbreaker-sweet

guitars propel the excellent "Time." A rockily executed Slade-faced riff cracks open "Become What You Are," which, at a (no shit) 11 minutes, is the album's hit. The only dead star here is "Satellite," a *Pitchfork*-tuned piano ballad that makes me grow rage-fangs. Tomorrow I'll probably love it. Polly Watson



Jason Lytle Department of *Disappearance* (Anti-)

The former Grandaddy frontman's second solo album since the band's breakup doesn't change the formula much. His solo material's more down-tempo and dreamy but emphasizes similar cosmic synthetic countryfolk influences. Lytle has a talent for blending languorous texture, skeletal melodies

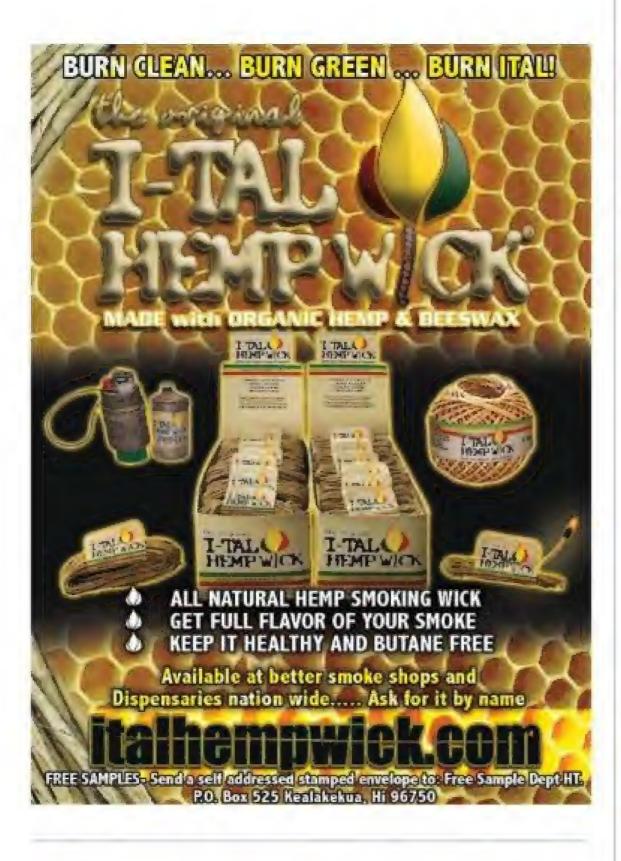
and a ghostly, distant vibe. His subjects struggle to stay engaged (the spooky surftinged "Your Final Setting Sun," and debauched "Young Saints"). His lyrics are clever and imaginative (reminiscent of Jonathan Richman), but the cinematic soundscapes sometimes dwarf the dolorous characters. Chris Parker

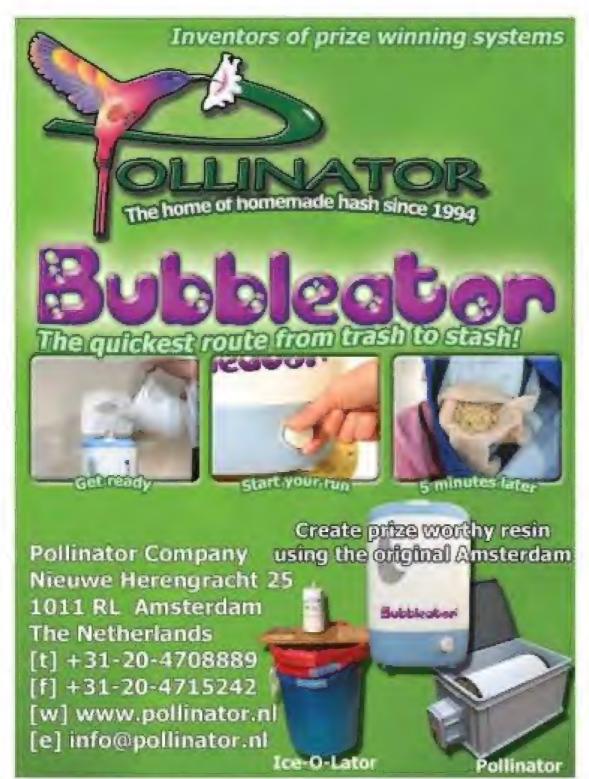


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MUNCHIES

Birthday Weed Cake

The best present is the one you make for yourself.

I. Love. *Birthdays*. Hedonistic relish drives me to claim the entire week surrounding my own special day as my "birthday week." Last January, I was lucky enough to be showered with medicated cakes and treats from my friends in Oregon, including a stellar party at the Oregon Medical Cannabis University!

I also have an extraordinary love of cinnamon. I like

it in my coffee, in treats, in marinara sauce, on toast with sugar—in fact, I'd say I use cinnamon in my daily eating routines as often as I'd like to use ground cannabis. It's just that cinnamon is always an easy sprinkle away, while cooking with weed requires a bit more time.

But hey, birthday weeks are full of downtime! So this year, I'm combining my two most favoritest things to make a cinna-money cake designed to titillate and enhance the senses.

I have always had a giant sweet tooth (my first word was *chocolate*) and a desire to absorb life and all of its peculiar pleasures to the fullest degree. Over the years, though, I have managed to gain some control, so I don't let hedonism drive all my impulses. But having a marijuana-infused cake is one of the best excuses to revel like a child, so I'll only add two rules for enjoying this recipe: don't overcook the weed-and make enough to share! Mary Ought Six

BIRTHDAY WEED CAKE

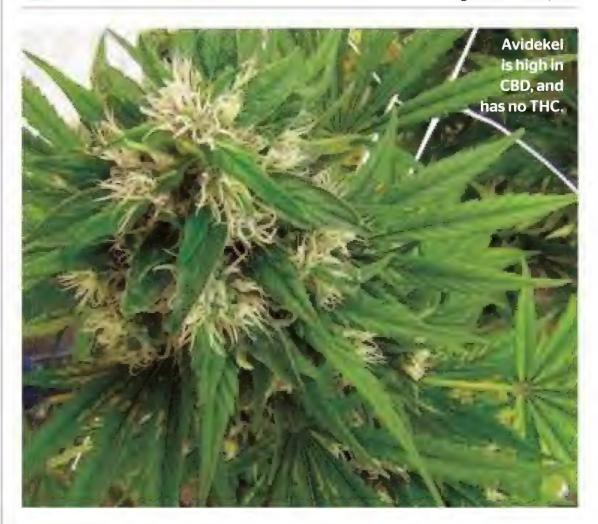
½ cup butter 1 oz. ground cannabis 2½ cups sifted cake flour 1 tsp. baking soda 1 tsp. baking powder 1 tsp. ground cinnamon 1 tsp. salt ½ tsp. ground ginger 1/4 tsp. ground nutmeg 1/4 tsp. ground cloves 1/2 cup firmly packed light brown sugar 1 cup granulated sugar 2 eggs 1 tsp. vanilla extract 11/4 cups buttermilk

Melt the butter over low heat in a double boiler. Slowly add the ground cannabis and stir occasionally for 40 minutes, being careful not to brown the weed. Strain through cheesecloth and set aside so that the cannabutter slightly solidifies, yet remains perfectly soft.

Preheat the oven to 325°F. Sift the flour, baking soda, powder, cinnamon, salt, ginger, nutmeg and cloves together, then set aside. Cream the cannabutter in a mixing bowl, then add the brown sugar, granulated sugar, eggs and vanilla. Beat on high with an electric mixer five minutes or until fluffy, scraping the bowl sides often. Mix in the sifted ingredients slowly, on the lowest speed, alternating with the buttermilk until smooth.

Pour the batter into two greased, floured eight-inch cake pans. Bake at 325°F for 35 to 40 minutes, until a toothpick stuck in the middles comes out clean. Cool in the pans for five minutes, then carefully flip onto racks to finish cooling. Last but not least, frost and stack using your favorite frosting. *Stones 12*

Acquisition of live cannabis seeds is illegal in the United States. Cannabis growers and consumers are one of the largest united



Medical Strain of the Month

Avidekel

At a government-sanctioned

cannabis cultivation facility in northern Israel, located on a hilltop overlooking the ancient town of Galilee, researchers and medical marijuana experts at a company called Tikkun Olam ("Healing the World" in Hebrew) work together to develop a wide variety of cannabis strains designed to treat specific ailments. Most notable among their recent achievements is a brand-new varietal called Avidekel, which at 0% THC and 15.8% CBD provides all of the healing power of cannabidiol with no discernable high.

Medical marijuana has a long history in Israel. In 1964, a team led by Raphael Mechoulam, a professor of medicinal chemistry at the Hebrew University in Jerusalem, was the first to isolate and identify THC as the main psychoactive ingredient in the cannabis plant. In 1993, Israel initially permitted a small number of patients to use medical marijuana, and later became one of the first countries to set up a governmentsanctioned program to oversee cultivation and distribution through the national health ministry.

Today, close to 10,000

Israelis rely on the whole-plant cannabis medicine provided by government-licensed growers. But why, you may be asking yourself, would anyone ever want to breed herb without the high?

That's a good question. Most likely, nobody reading this magazine would ever intentionally seek out THCfree cannabis. But stop for a second and put yourself in the shoes of your elderly aunt or toddler-aged nephew someone who's never smoked a joint but sorely needs the profound anti-inflammatory properties of CBD—or even just someone who wants to keep working and driving while using one of the world's safest and most effective painrelief medicines. Suddenly, getting baked might seem more like an unwanted side effect than an actual benefit.

Of course, according to Zack Klein, head of development at Tikkun Olam, THC also has its own unique medicinal properties, and patients are best served by having a choice of many different varieties. So despite the welcome arrival of Avidekel, his company will be sure to keep breeding and growing high-THC strains as well. **

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38 Gear High Times January 2013









Hot Products

What's new for cannabis cultivators and connoisseurs.

Light at Night

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stealthgrow.com
Sometimes you need to check
out your growroom during the
"nighttime" period, and the
only way to do that is to use a
green-colored light (since
plants aren't affected by green
light). The new Stealth Grow
Nite Light uses 5-watt LED
technology and fits into a
standard incandescent-bulb
socket to allow you to enter the
room when it's dark without
disturbing the day/night cycle.

2 Filtered Intake

\$199.95 plus filter costs blackboxfilter.com
Intake fans are great for bringing fresh air into a growroom, but they can also bring in unwanted pests, pollen and mold. The new Black Box Filter (model ILF-10) allows growers to remove these harmful airborne particles while still enjoying the benefits of CO₂-rich air. A variety of filter attachments can keep out up to 0.3-micron grains, and they're made in the USA with a five-year warranty.

3 Microbial Activity

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bluesagemicrobes.com
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feeding the soil is essential to
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a plant's natural defenses against
pests and disease. The formulas
from Blue Sage Microbes contain
beneficial microbes, minerals and
a growth stimulant that's 100
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use. If you're interested in
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Bowl Casher

kindashcache.com

How many of you have broken a glass bowl while innocently tapping it out? Us too. But now you can save your glass by using the Kind Ash Cache, a new kind of ashtray with a stainless steel body and an inside made of silicon rubber that can withstand high temperatures and won't break your pipes. They're available in eight different colors, and the spill-proof tray means no mess left behind.

January 2013 **High Times**



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Takes minutes

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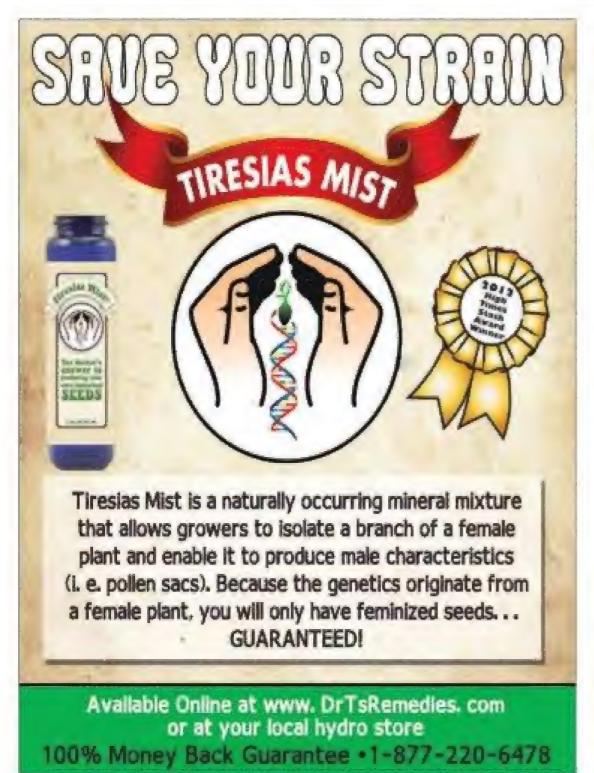
Larger high quality yields

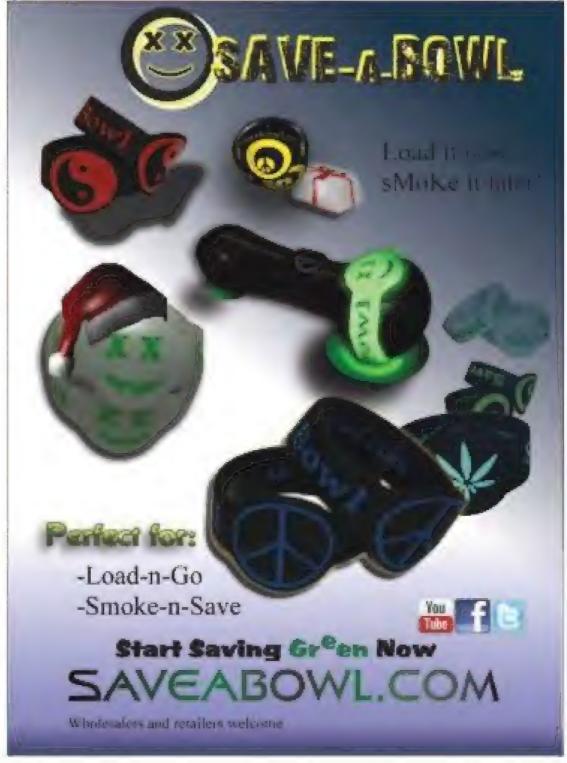
45

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MARKET ANALYSIS

Prices by the ounce

All indices, with the exception of the Schwag Index, began the new year below their previous month's average. The US Price Index experienced the biggest drop, falling \$33 to an average of \$307 per ounce. Meanwhile, the Kind Index dipped below the \$400 mark for the first time since December 2011 (13 months).





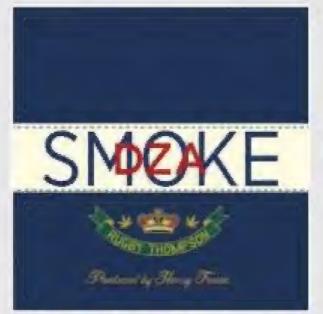
TRANS	HIGH	MARKET	OUC	TATIONS
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STATE	CITY	STRAIN	PRICE
Alabama	Huntsville	THC Bomb	\$350
Arizona	Glendale	Great White Shark	300
	Lake Havasu	Bubba Kush	275
		Chernobyl	250
Arkansas	El Dorado	Querkle	400
		Headband	420
California	Chico	Sour Strawberry Kush	200
		Blueberry Headband	180
	Woodland Hills	OG Kush SFV F1	280
Colorado	Boulder	Golden Goat	300
	Denver	Purple Kush	325
Delaware	Newark	Cheese	375
o diamare		Blue Dream	375
	Pike Creek	Kandy Kush	390
Florida	Orlando	Headband	375
llinois	Chicago	Sensi Star	380
ndiana	Kokomo	Ice Cream	200
Massachusetts	Brockton	OG Kush	420
Michigan	Detroit	Sour Diesel	425
	Traverse City	Grandaddy Urkel	450
		Lemon Skunk	300
Minnesota	St. Cloud	Lavender	300
Nevada	Carson City	Blue Dream	250
New Hampshire	Manchester	Unfuckwitable	450
		Master OG	400
		OG Kush	400
New Jersey	Jersey City	Strawberry Cough	450
New York	Rochester	Cotton Candy	300
		Lemon Haze	325
	Stuyvesant	Buddha Tahoe OG	350
		Kosher Kush	320
North Carolina	Raleigh	Kush	350
		Grandaddy Purps	325
Oregon	Portland	Vortex	200
Ohio	Akron	Blue Dream	325
20	7 11.1 011	Amnesia Haze	400
Tennessee	Chattanooga	Island Sweet Skunk	350
Termessee	Memphis	White Widow	350 375
	Murfreesboro	Trainwreck	300
	Nashville	Kush	300
/ermont	Rutland	Island Sweet Skunk	300
		AK-47	340
Washington	Yakima	Green Crack	220
		Granddaddy Purps	250
NTERNATIONAL			
Canada	Calgary	Super Silver Haze	C\$240
	Vancouver Island	Blueberry Kush	135
reland	Dublin	Amnesia Haze	€420
		Cheese	400

We want to know what you're smoking! Submit your strain information, location and price by the ounce to **thmq@hightimes.com** or on Twitter using **#THMQ**.

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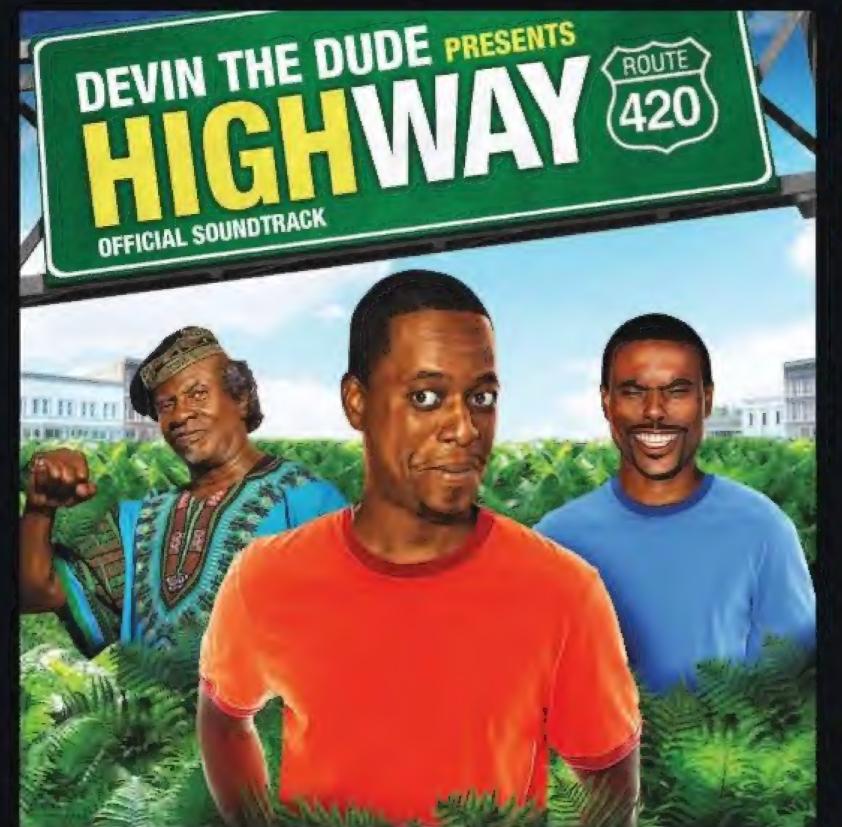
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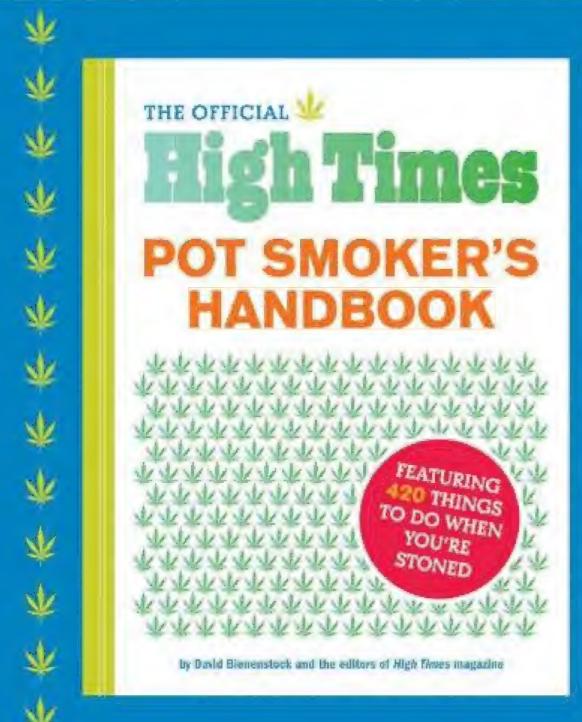
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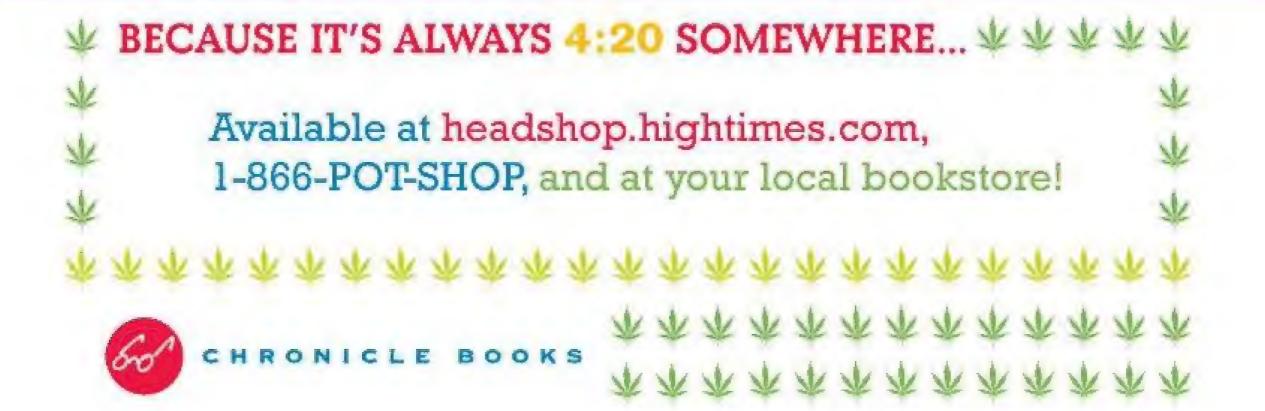
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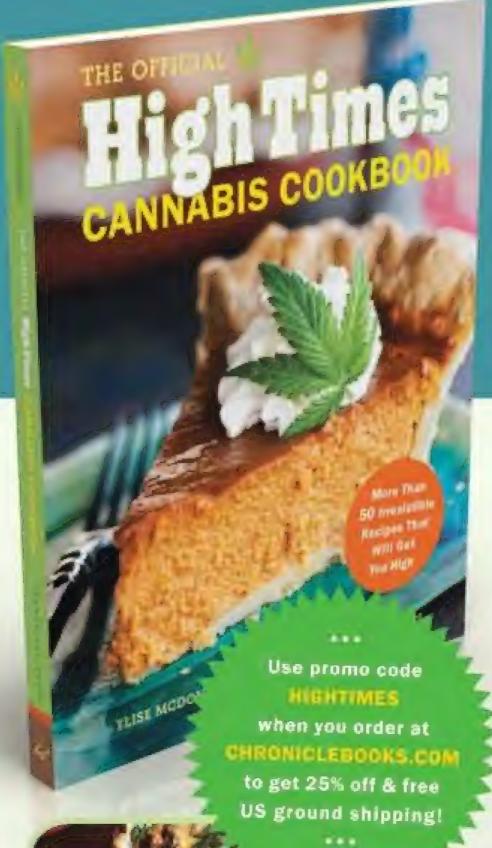
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January 2013 High Times

Small Gardens, Big Rewards



Leonardo da Vinci once said, "Simplicity is the ultimate sophistication." For the small-scale grower, truer words have never been spoken. This convenient guide will get you growing your own stash in no time.

THE MESSIAH'S MINIGARDENS p.46

GROWING **BIG IN SMALL** SPACES p.50

HOME (GROWN) DEPOT p.54

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High Times January 2013



sarule of thumb, small things are simpler than large ones: constraining size forces us to constrain complexity as well. This is especially true for marijuana gardens, where a micro-grow presents far fewer potential issues than a warehouse-sized commercial setup. At the same time, however, both for growers who are just getting started as well as veterans seeking more control over their crops (while reducing the amount of time spent tending them), greatness of purpose and smallness of means can still produce astonishing results.

Take the Messiah, for example. He lives in western New York, near the Canadian border, and has been growing for 10 years. A few years back, he felt that Canadian pot was getting far too much adulation in the pages of *High Times*. As a result, he founded the Battle at the Bridge Cup, an annual showdown between American and Canadian growers. Over the course of five contests, the Messiah and his network of growers have crushed the Canadian competition, while the Messiah himself has won the top prize for outstanding strain three times.

The Messiah is also a seed breeder extraordinaire, responsible for strains like PK Ripper (Las Vegas Purple Kush x Jack the Ripper from Subcool) and Bubbadential (DNA's LA Confidential x Bubble Gum from Serious Seeds). Bubbadential was snapped up by Toronto's Ontario Seed Bank and sold out instantly. However, as proficient as the Messiah is at seed breeding, it's not really his bag. "I don't have a lot of space, and I like growing good pot too much," he explains.

His rooms are nothing special: Instead, they're functional and easily accessible and they require a minimum amount of work. His veg room, which nurtures seedlings and clones of 10 different varieties, measures 6' x 6' and is outfitted with a six-bulb T5 lamp and a couple of two-bulb shop lights. His flowering room is of similar dimensions and outfitted with three 600-watt high-pressure sodium (HPS) lamps and a 6,500-BTU air conditioner. The Messiah gardens on a semi-perpetual harvest cycle and has six strains nearing fruition. His plants aren't monsters, but the Messiah prefers it that way. "It's just me," he points out. "It's really hard to do a massive-sized plant, being just one person ... it takes a while to trim a 5-foot plant."

Even so, many beginners might want to shoot the moon. After all, it's free pot, isn't it?

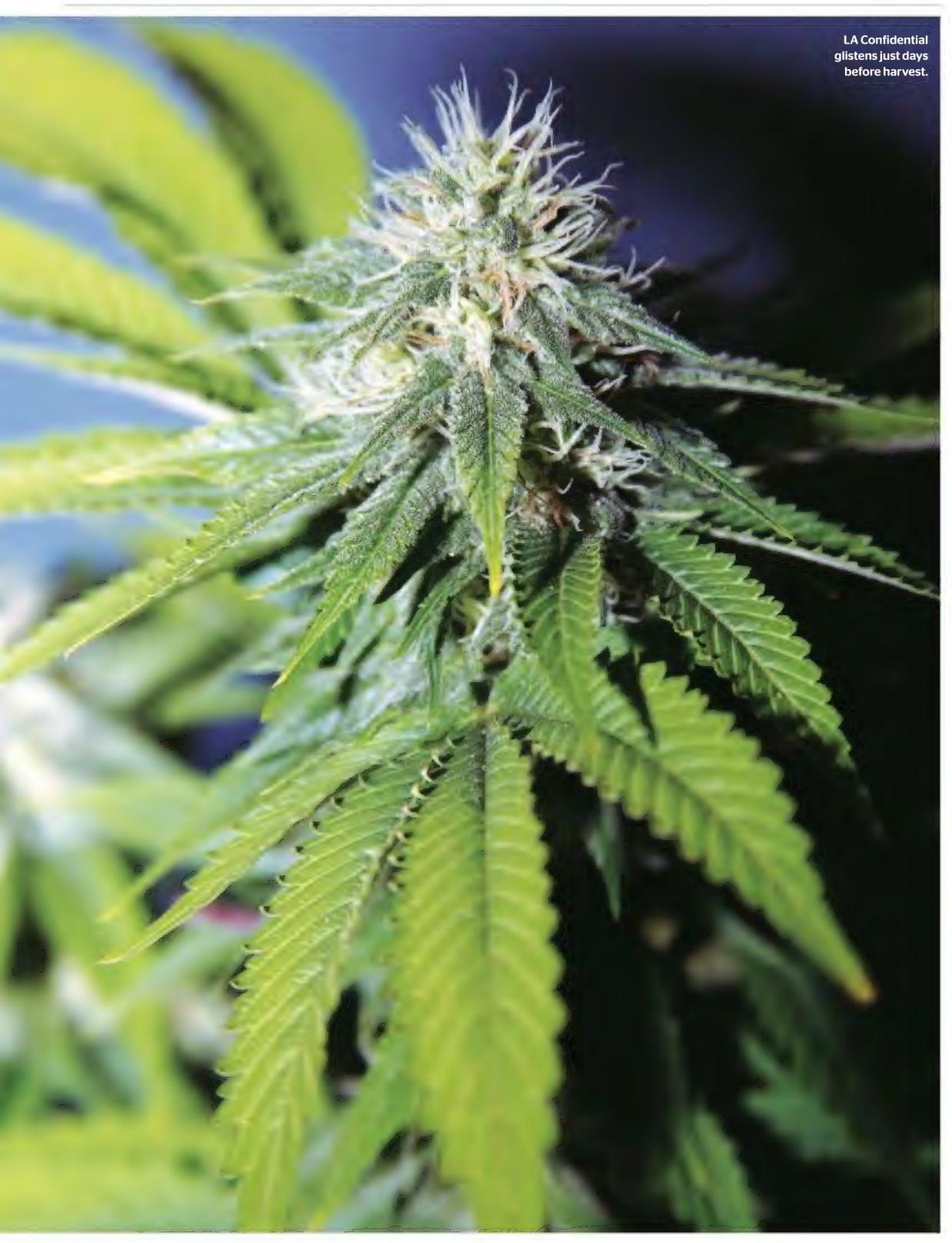
"It's never free," the Messiah responds.

"Trimming is painful. You sit hunched over, it takes a lot of concentration ... it's just not that easy. Plus bigger plants mean more work downstairs. I'm into growing quality, not quantity. When I grow 'em the size that I like to grow 'em—about three feet high—I harvest an ounce, maybe an ounce and a half. But remember, I'm growing a lot of strains like LA Confidential that produce popcorn-sized buds, not a big mass of colas."

The Messiah is a container-and-soil guy. "It's easier and much more forgiving if you make a mistake," he says. "I've done both, but I think the flavors are better and the colors of the buds are more vibrant in soil. If you're trying to do a commercial garden, yeah, you wanna go with hydro because you're going to get a better yield. But for my purposes, I lean toward soil."

He uses Pro-Mix soilless mix, which he blends with Happy Frog potting soil and worm castings. But according to the Messiah, the key to great cannabis is flushing.

"I'm a firm believer that, if you're



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going to be using nutrients at 1,500 ppm throughout an eight-week cycle, a week of flushing won't be long enough to remove all of the nutrient salts—it's just not gonna happen. I only run mine at 1,200 ppm and I flush for 12 days. I've seen guys run 1,500 and 2,000 ppm; I've even seen a few guys run 2,200 ppm. And they're just not getting the nutrient salts out of the plant. One week of flushing won't do it; they need a solid two weeks of flushing." (See the sidebar for the Messiah's preferred nutrient regimen.)

In the suburb of Buffalo where he resides, a tight-knit group of disciples follows the Messiah's teachings. He's shared his secrets with a trusted few and they, in turn, have enlightened him with their own newfound wisdom. All of their strains have been entered in past Battle at the Bridge Cups and finished strongly.

Among the Messiah's followers is a carpenter. He's single and Jewish, with long hair and a beard. Not surprisingly, how and what he grows is downright uncanny—almost loaves-and-fishes miraculous.

The Carpenter's growroom is housed in his basement: what looks to be a well-appointed rec room with a laundry annex in the cellar's adjacent space. Movie and rock'n'roll posters hang on the walls. But behind one oversized poster, there's a concealed four-foot opening in the wall. Not that you'd ever know it, since the Carpenter has aligned the edges of the opening with the wood moldings he's installed, so when the poster is removed, a blank wall stares back. No one could detect that

Nutrient Gospel

Many growers say you should feed your plants with every other watering. But the Messiah thinks that's too much and that you risk "burning" your plants. (You'll know when the leaves start turning brown.) He recommends feeding your plants only once a week. Here's his own special solution, which is mixed into each gallon of water during the bloom phase:

10 ml Connoisseur A (Advanced Nutrients) 10 ml Connoisseur B (Advanced Nutrients) 8 ml Rhino Skin (Advanced Nutrients)

5 ml Hygrozyme enzyme formula 10 ml Bud Candy (Advanced Nutrients) 5 ml Cal Mag (General Organics) 1 gram Big Bud Powder (Advanced Nutrients) 5 ml Bio Bud (General Organics) 5 ml Flora Blend Vegan Plant Booster

behind it, the wheels of a compact grow op are turning.

Though the area is small, the Carpenter has plenty of space to tend plants. Stretching along the far wall is a long workbench; underneath it is his veg area. Two slabs of drywall have been erected perpendicularly in one corner to form a 4' x 7' flowering space. A 3-foothigh door serves as its entranceway.

At present, 24 plants are growing there in the "sea of green" style. They'll reach about 3 feet high and yield three-quarters of an ounce per plant; winter's cooler temperatures will bring up that a bit.

"I'm not an entrepreneur," says the

Carpenter. "This is a hobby ... more like an addiction," he adds with a laugh.

He sells some of the pot, he says, "but I don't make my living on this. It just helps out my bottom line. I can't deprive people of their medicine."

The Carpenter harvests every two weeks. With 24 plants in flower, plus 60 clones and seedlings maturing under the workbench, his little grow op is "controlled chaos," he says. In truth, it's a hands-and-knees operation: The small flowering room requires sliding the plants around, pulling them out to attend to them and then shoving them back into their allotted spots, almost like a game of marijuana musical chairs.

His soil blend is similar to the Messiah's: Pro-Mix, Happy Frog and earthworm castings. Among his strains are Purple Kush and Spicy White Devil. The garden relies on a 1,000-watt HPS lamp and a 600-watt LED to throw light to the far edges of the room. The spent air is evacuated by a 6-inch fan that blows 24/7 into the exhaust tube. In the veg area, a six-bulb T5 and a single-bulb T5 nurture the clones.

"I control my temperature," the Carpenter says. "My central AC unit does most of my cooling. But when it gets too hot at the beginning of the summer, I switch my 1,000 down to 750 and lower the hood of the light. I run 750 most of the summer until fall. When it gets a little cooler, I pump it back to 1000—which is intense—and raise the hood."

Regardless of the size of your garden, both the Messiah and his apostle insist that growing marijuana is a real commitment. "There's this misconception, fueled by the media and law enforcement, that someone can go into a warehouse and just start growing 300 plants," the Carpenter says. "Not without a full-time staff. I'm a one-man show: I do it by myself, and it's a lot of work. Out of seven days, I'm down here three. But the fourth day, I may pull an all-nighter. I set a certain day aside for that."

Even the Messiah says it can "be a chore." Some growers say it's akin to being a pet owner: You can't plan vacations without taking your "babies" into consideration.

"There's a lot of mental stress that comes with growing," says the Carpenter, "especially when things go wrong and you have to play nurse. Plus you have to worry about the law ... and in small towns where there isn't a lot of crime, pot busts are big scores for cops. Even so, I love it—and it's worth it."

BUDDHA







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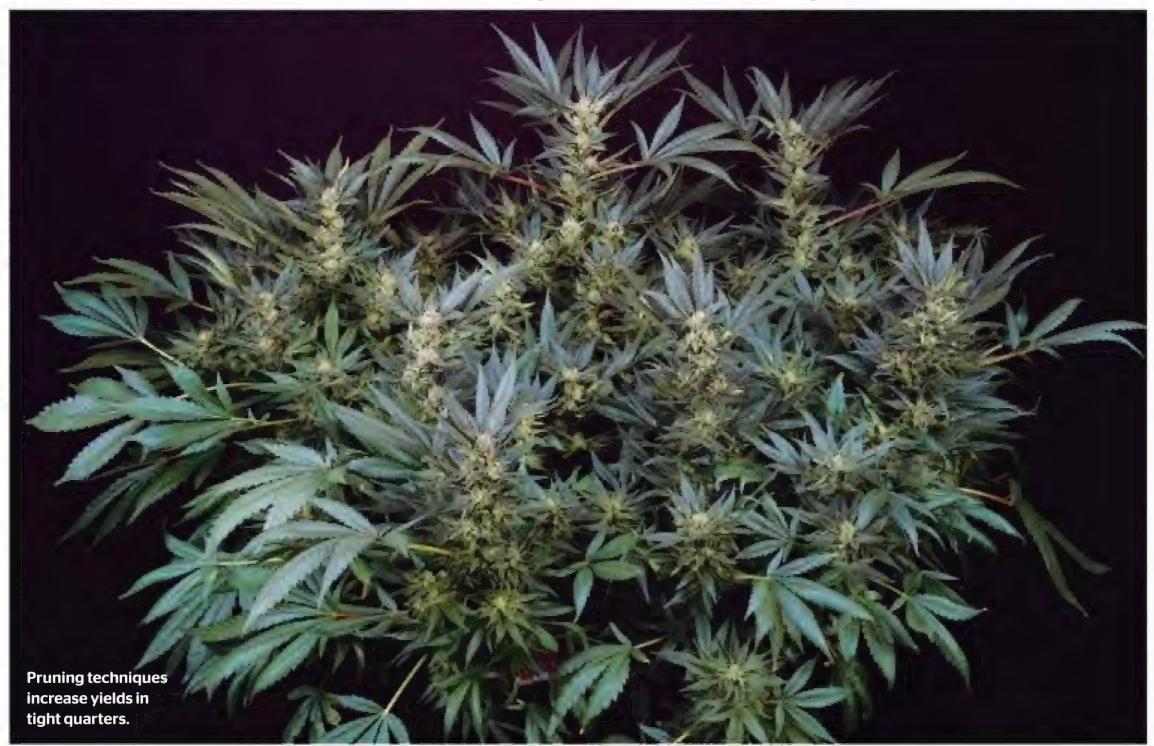




50 Small Gardens
High Times January 2013

Growing Big in Small Spaces

Growing pot in small spaces doesn't have to be an exercise in futility. Danny Danko breaks down the ins and outs for cultivating cannabis in closets, growboxes and tents.



No Limits

Anytime your space is limited for growing, some basic rules apply: Since square footage is at a premium, your grow must take full advantage of every available inch. This means choosing between short, bushy, *indica*-dominant strains such as Hash Plant and Afghani #1, or using drastic trellising and training techniques when growing out *sativas* like Super Silver Haze, Jack Herer or Kali Mist.

When pruning, start early and do it often. Cut or pinch branches just above the node, where two new shoots will emerge. If you stay on top of this process, you'll have plants that look like bonsai bushes, with plenty of bud sites but not a lot of stretching or big gaps between the nodes. This is the most efficient way to get bigger yields out of small spaces, but your plants' vegetating time will increase, so factor that into your schedule.

Don't prune or pinch plants at all once they begin flowering—you'll only be decreasing your yields at this point. If the branches are threatening to reach the light, bend them or tie them down to keep them from burning. A trellis system constructed from chicken wire at the canopy level (a.k.a. the ScrOG or



"screen of green" system) will further spread out bud sites and increase your yields considerably. Simply train growing shoots to grow horizontally along the bottom of the screen to fill out empty spots.

Ventilate In and Out

Air movement is important in tight situations because fresh, CO_2 -rich air is quickly depleted, stifling the photosynthetic process and causing new plant-cell growth to slow to a halt. Heat buildup also plays a big role in inhibiting growth in small spaces.

Intake fans must be employed to bring in fresh air. Always use some kind of small micron filter on these fans to avoid bringing in unwanted pests, dust, molds, etc. Set up your intake fans so that they bring in air at a low point, and make sure your exhaust fans suck out air from up high—as we all know, heat rises, so you want to remove the hot spent air and bring in cool fresh air to replace it. An inline charcoal filtration unit on the outtake fan is an absolute must to remove telltale odors from the exhausted air.

A small oscillating fan is another requirement for your micro-grow. Place it at the canopy level in order to keep air moving and avoid stagnation. A good rule of thumb is that if your leaves are always slightly moving, you have good airflow in your garden. If not, add more fans until you see a gentle breeze stirring the leaves.

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PHOTOTRON

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Light Right

This means choosing the proper lighting for the space you have. I strongly recommend high-intensity discharge (HID) lights such as high-pressure sodium (HPS) or metal halide (MH). Tiny gardens can also use compact fluorescent lighting (CFL), but these lights are best reserved for cloning or keeping mother plants alive rather than flower production.

When using HIDs, a minimum of 50 watts (or 6,000 lumens) per square foot is necessary to maximize bud production without creating too much heat. A 250-watt HPS light and reflector are perfect for a 2' x 2' space. Avoid the overkill of using a 1,000-watt light in a small space and you won't have to deal with the headache of trying to remove all that built-up hot air. For micro-systems such as a small cabinet, there are even smaller-wattage HPS lights that work perfectly to produce buds without creating too much heat.

Of course, there are also the new LED (light-emitting diode) lamps on the market that provide a decent amount of lumens without creating nearly as much heat. Do some research, though, as these units can be expensive, and not all of them are dialed in to produce plant growth in small spaces. Keep an eye on the technology if you're interested in this option, since it's improving quickly and the prices are coming down as well.



Growing in closets is convenient and stealthy as long as you're able to move the air in and out without arousing suspicion. This might require venting spent air through a hole in the wall inside the closet rather than running

curious-looking tubing in and out.

A 3' x 3' closet is perfect for a 400-watt light, but look for one with some sort of air-cooling technology that removes heat directly from the sealed, glassed-in hood. Lights with open hoods produce too much heat in small spaces, and you'll quickly find that your temps at canopy level are too high to sustain explosive plant growth.

Another advantage to closets is that they can be divided pretty easily into two separate spaces using two-by-fours and plywood. This creates a vegetating area for the mother plants, clones and vegging plants and a larger flowering area for budding plants. As long as the budding area is completely dark and light-tight when the flowering light is off, the closet space can be used to perpetually harvest pot without having to rely on purchasing clones or popping seeds for every run.





Tents

Closets can be

spaces.

efficient growing

Grow tents are easy to set up (usually requiring one or two people to install) and just as easy to take down, making them the stealthiest choice for someone who may have a landlord or a meter reader to fool every once in a while. All of them come with holes for outtake fans and secure poles from which to hang your grow lights. Some even have separate chambers for vegetative growth and cloning, making them perfect for people living in one-bedroom apartments or studios with limited space to grow.

Grow tents offer the advantage of mobility, and the best ones are both airtight and light-tight, with flood-proof bottoms to ensure that neighbors aren't alerted to your project by rain showers from their ceiling. All in all, tents are an affordable and efficient way to get growing in a small space.



Growboxes

Another great investment for people looking to produce their own pot are growboxes. These come in a variety of sizes and prices based on how much functionality they provide. Some are simply metal cabinets with doors and a fan attached, while other, more expensive units use touch-screen technology and computer chips that run virtually every aspect of the grow, from CO₂ injection and lighting timers to hydroponic feeding regimens and intake/outtake fans. The better ones can also roll on casters, making them easier to move around an apartment or garage.

Most growboxes run between \$1,000 and \$5,000. The high-end models may sound pricey, but considering that they can pay for themselves in just a couple of harvests, they are arguably the best way for a micro-grower to go over the long run.





HOME(GROWN) DEPOT

Home Depot carries everything you need to get your garden started.

It's fitting that the name of world's largest chain of mega-hardware stores can be rendered as "Home de Pot." Fitting in the sense that Home Depot carries all of the merchandise you'll need to set up a closet growroom, all for about \$150.

The truth is that you'll only need a few easily purchased items:

duct tape, rope (clothesline will do), six 1-gallon buckets, a wall-mounted fan, a heavy-duty timer, tarp or plastic sheeting, a staple gun, plastic cable ties (to keep the wires organized), potting mix, a power strip and a solid light.

Home Depot has 150-watt metal halide lighting available. However, we recommend that you spend a little more in order to get a light designed for growing, somewhere in the 250- to 400-watt range.

Building a closet garden is easy. Hang your light in the center of the room. Use the plastic sheeting to make a light-tight entrance to your closet. Hang two sheets so they overlap to make a center entrance. Staple each above the doorframe on the inside of the closet, one on the left side and one on the right. Duct tape will seal the entrance, and plastic sheeting on the floor will prevent messes. Install your fans (intake low, outtake high, oscillating in the middle), set your timer, and plug in your

> lights. Fill your buckets with soil and start growing! *

Watch how to build a grow closet at hightimes.com/grow



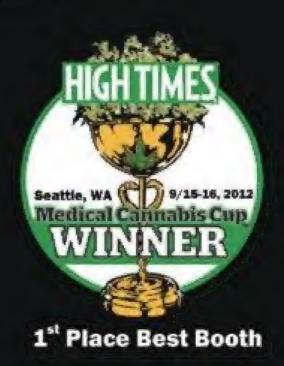




THE PLATINUM STANDARD













January 2013 **High Times**

Emerald City Honors

The HIGH TIMES Medical Cannabis Cup comes to Seattle.



his past September, *High Times* brought our traveling weed show to the Pacific Northwest for the first time at the 2012 Seattle Medical Cannabis Cup. The event took place the weekend after Labor Day at Fremont Studios, and what a weekend it was! The party kicked off Friday night at Showbox Sodo with a performance by Conspirator—a jam-tronica band featuring the Disco Biscuits' keyboardist Aron Magner and bass player Marc "Brownie" Brownstein. With their psychedelic grooves and colored light show, the band had all the heads and booties in the joint bouncing.

Unlike the dispensary models in California and Colorado, which have generated multi-million dollar cannabis industries, Washington uses a collective system to distribute its medicine to patients—putting forth a more "momand-pop" feel. Sadly, mere weeks before the event, the DEA had sent out warning letters ordering a number of these collectives to close their doors. Thankfully, that didn't dissuade dozens of determined



collectives from participating in our competition. And believe us when we say the medicines entered were stellar—easily on par with anything we've seen in California or Colorado. All of the entries were thoroughly tested for cannabinoids and contaminants by two different labs—Analytical 360 and Northwest Botanical Analysis—who both did an excellent job.

The city was enjoying an historic streak of sunshine—a record 50 days without rain—which made hanging out in the outdoor medication area a pleasure for the patients in attendance. There were nearly 80 vendors busting their butts at the expo, including past participants like Dopeass Glass, Grasssroots California and Subcool Seeds, as well as

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1. Miss High Times 2011 Clazina and her posse dabbing out at the Pink House booth. 2. The legalization panel debates Inititative 502.
3. Torching up a fat nail. 4. A happy patient enjoys the aroma of some sweet medicine. 5. The sexy models of Left Coast Cannabis. 6. The Medi Brothers fixing up some medicated sno-cones. 7. Miss High Times October 2012 Kelly shows off a sick rig by Liberty Glass—third place winners for Best Glass.



Cup newbies like the green scrub-garbed guys from VapeXhale and the hip-hop homies of Trippy Stix, who raffled off free vapor pens throughout the weekend.

There were several well attended seminars held, including two grow seminars by our cultivation editors Nico Escondido and Danny Danko, a Q&A session with local medical marijuana doctor Greg Carter MD, a dab panel discussing solvent and nonsolvent hashes moderated by senior editor Bobby Black, an edibles seminar hosted by the author of our Official High Times Cannabis Cookbook Elise McDonough, and activism and legal panels (moderated by west coast editor David Bienenstock) that tackled the big issue on the minds of many Seattleites at the Cup: Initiative 502, Washington's controversial legalization bill on the ballot for November.

As with Colorado's comparable measure Amendment 64, the cannabis

community here was divided on the issue. One group—represented on our panel by criminal defense attorneys Douglas Hiatt and Jeffrey Steinborn—oppose the bill, saying the limits on driving while intoxicated on THC were unscientific, and that the zero-tolerance policy towards young adults was unfair. Those who sponsored the bill—New Approach Washington's Alison Holcomb and City Attorney Pete Holmes—argued that the bill was designed to pass public muster and change the conversation in America rather than be the final word on legalization. Both sides presented passionate and compelling cases...which of them will prevail won't be decided until Election Day.

As always, come Sunday night it was time to hand out our coveted Cannabis Cups to some well-deserved winners. In addition to our usual Cups for *Sativa*, *Indica*, Hybrid and Concentrate, we added



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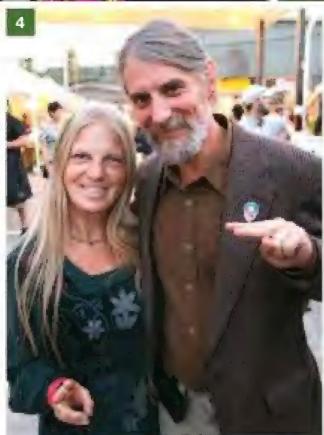
60 Emerald City Honors

High Times January 2013











1. A giant joint gets passed around at 4:20. 2. Some of Seattle's finest strains were on display. 3. Picking out a piece at the Dopeass Glass booth. 4. Hempfest founder Vivian McPeak and wife Kanti. 5. Greenside Medical being interviewed backstage after winning the Cup for Best *Indica*.





a new Hash category, in an attempt to distinguish between solvent and non-solvent based extracts. The field was a bit thin this first time around, but we're sure that more competitors will enter solventless hashes in future Medical Cups now that they know there's a new trophy up for grabs. As the saying goes: if you build it, they will come.

Among the night's big winners were Cannatonic/Kush Creams (who won Best Non-Edible Medically Infused Product, second place for Best Booth and third place for High CBD), Pulse Glass (who took home both First Place honors for both Best Glass and Best Booth), and, Fweedom Collective (first place for Best Sativa and first for High CBD). (For the full list of winners see sidebar).

Of all of the awards we present at our Medical Cannabis Cups, none are quite as prestigious as our Lester Grinspoon Lifetime Achievement award. This time, that award went to Seattle Hempfest founder Vivian McPeak. For the past 21 years, McPeak and his team of nearly 1000 volunteers have managed to run the world's largest weekend-long marijuana "protestival" in Seattle's Myrtle Edwards Park, drawing around a quarter of a million stoners each year with almost no incidents or arrests.

"I wrote this speech so I could get massively baked and still feel confident about coming up here," joked McPeak. "This is just surreal and humbling...I started reading *High Times* magazine in 1974 when I was 16 years old, and never stopped reading it.... This is one of the greatest honors I've ever had in my whole life—thank you!"

And thank you, Seattle—we couldn't be happier with the hospitality we received from all of the good folks there, who proved to us that they truly deserve to be called The Emerald City. **

THE WINNERS

BEST INDICA

1) Williams Wonder, Greenside Medical 2) True OG, Only The Best 3) Jenke's Kush, Top Shelf Medicine

BEST SATIVA

1) Super Lemon Haze, Fweedom Collective 2) Supernatural, Exotic Genetix 3) Panama Red, Delta 9 Seattle

BEST HYBRID

1) Cactus, Dockside Co-Op 2) Uncle Jim, Camo Collective 3) TJ's MTF, Left Coast Cannabis

BEST HASH

1) Bubba Blend Bubble Hash, A Greener Today

CONCENTRATE

1) Space Queen Budder, Healing Space Gardens 2) Blues City Diesel, Tacoma Cross 3) Dutch Treat BHO Wax, A Greener Today

BEST EDIBLE

1) Captain Kirk's
Treasure Chest,
Top Shelf Medicine
2) Glory-Oh!,
Green Ambrosia
3) Ettalew's
Organic Vegan Fair
Trade Dark Chocolate & Blueberry
Truffle, Greenside
Medical

CBD AWARD

1) Harlequin N-Tane Oil, Fweedom Collective 2) Canna Cap's Canna Cups, Seattle Cross 3) New York City Diesel, Cannatonics Society

BEST NON-EDIBLE MEDICALLY-INFUSED PRODUCT

Healing Cannabis Care Kit, Kush Creams

BEST PRODUCT

VapeXhale
 Incredibowl
 Trippy Stix

BEST BOOTH

1) Pulse Glass
2) Cannatonics
Society / Kush
Creams
3) Medical
Marijuana Patients
Network

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Every year, *High Times* sponsors five Cannabis Cup competitions. This year, we decided to take a look at over 20 different Cup winners drawn from three of the contests in a trio of cities to see if we could determine how the best herb is grown. Here's what we found. *By Nico Escondido*

Seed vs. Clone

It's the timeless debate: Which starting technique results in better bud, seeds or clones?

Of course, we know that there are pitfalls associated with each method. With seeds, you have the issue of longer propagation times as well as the problem of sexing your plants. The latter won't be an issue if you choose to go with feminized seeds, but that can lead to a whole other set of problems, since many feminized seeds are developed using unnatural chemical processes and, if they haven't been properly backcrossed a few times, can produce heavily hermaphroditic plants.

When it comes to clones, some growers complain that plants' vigor is lost when compared to starting with seeds. This can be especially true if you're talking about the new F1 generation seeds that are a product of hybridization, since hybrid vigor is a scientifically proven benefit of breeding with seeds. Clones may also have difficulty producing initial roots and may not develop large enough root structures overall to sustain heavier yields.

Still, there are some positive aspects to using either seeds and clones. As with a human embryo, seeds possess natural hormones that allow a plant to root strongly and develop properly throughout its vegetative stage. Good seeds are generally thought to result in better-growing and better-yielding plants as compared to clones.

Every future winner starts its life as a young warrior struggling to emerge from the soil.

With clones, however, growers have the advantage of uniformity and consistency. There's no need to fumble over sexing out the males, and if you choose a good mother plant, there is less worry about disease and pest problems.

So which way should you go when starting your garden? As it turns out, from the 23 Cup champions that we examined for this article, three were grown from seed while 20 came from clones.

January 2013 **High Times**

Cup Champion



downside, including storms, diseases and pests. This can make garden maintenance a labor-intensive effort throughout the hot summer months. At a minimum, the best outdoor growers plan on spending an hour per plant, per day, doing the necessary pruning and trellis work that it

takes to grow 12- to 14-foot trees.

Indoor growers, on the other hand, can take back control of nearly every aspect of their garden. Many people tend to think that this adds up to a *lot* more work (especially during the initial construction of the growroom), but in fact both indoor and outdoor gardens—and greenhouses too, for that matter—require serious labor in their initial setup. However, it is true that indoor growrooms, on average, likely will require more time out of the day for growers, as they not only have to maintain the plants but also the grow system, which can have many moving parts that need daily checkups and (often) maintenance.

Greenhouses, from an agricultural and plant-science perspective, offer the best of both worlds when it comes to cultivation in theory. In practice, however, the best results are not always achieved. This is because, while growers do get the added benefit of the sun within an enclosed environ, the unpredictable nature of the weather—including the temperatures that the sun can create—is much more difficult to control than in a standard indoor growroom. A lot of specialized equipment as well as diligent attention to atmospheric conditions will be required to achieve successful harvests within a greenhouse. And since it's not a given that the sun will shine heartily every day—to say nothing of dealing with rainy weeks-greenhouse growers may still need to utilize artificial lighting to keep their gardens flourishing.

The general consensus among plant scientists and horticulturalists (as much as it pains many of us to admit it) is that the highest-quality fruits and flowers are achieved in a controlled, indoor grow environment. In support of this claim, 23 out of the 23 Cup winners we examined for this article were raised in an indoor grow.

Indoor, Outdoor or Greenhouse?

People also ask which is better: indoor or outdoor cannabis? This question has many different facets and can be answered on a variety of levels. But in terms of growing the highest-quality cannabis—which means giving preference to a strain's natural phenotypes rather than forcing heavier growth to achieve higher yields (a consideration that certainly plays a predominant role in Cannabis Cup competitions, where the entries are scored on factors such as flavor and potency rather than on the weight harvested)—we can now answer this question a bit more definitively.

Let's start by examining a few important pros and cons associated with each type of garden. Outdoors, of course, growers can take advantage of both the full spectrum and unmatched power of the sun. However, outdoor growers must also contend with Mother Nature's

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System Type & Medium Selection

Another frequently asked cultivation question relates to choosing the proper medium for your plants. The answer to this question, however, directly correlates to the type of grow system employed, and it also depends on whether you're growing indoors, outdoors or in a greenhouse garden. But since we've established that indoor grows accounted for every Cup winner out of the 23 championship strains we examined, for our purposes we will stick to that setup.

So, we first need to consider the amount of space available for the indoor garden. Smaller spaces don't lend themselves to most grow systems currently on the market; a lot of hydroponic and aeroponic setups require quite a bit of space.

Soilless Mixtures

For smaller spaces, it's recommended that growers stick to simple potted containers with openings at the bottom for ample drainage. Containers with side vents or made from breathable materials (such as fabrics) are especially recommended, since they will aid in aerating the medium.

Under this scenario—or even with a larger grow that still uses container pots (as many do)—the medium selection is fairly straightforward, since most growers go with a nice soft, soilless mix. These mixtures have the look and feel of topsoil but are peat- and sphagnum-based. Soilless mixes are also easily amended, and many growers choose to supplement them with perlite or even simple wood chips to give the medium a more airy quality.

Earth soils and soilless mixes are also a top choice among organic growers. In fact, organic compost falls into the category of a soilless mix—technically speaking, using any synthetic for a medium would negate the true organic label for the resulting plants.

Out of the 23 Cup champions examined for this article, eight were grown in soils (seven in soilless mixes and one in compost).

Rockwool & HEC

Rockwool is perhaps the most popular artificial medium on the market, which can be a bit misleading since it is *not* for beginners. Rockwool, or mineral wool, is simply a wool fiber spun from stone and man-made minerals. To better adapt the mineral wool for horticultural (especially hydroponic) purposes, it goes through a specialized process to lower its naturally high pH.







Rockwool is the most popular kind of mineral wool, and it comes in varying sizes and forms, from long slabs to smaller blocks and crouton-sized squares. This allows the substrate to be used in a variety of hydroponic systems, including top-feed drip irrigation and ebb-and-flow (or flood-and-drain) systems. Rockwool's ability to retain water also allows ample airflow to the plant's root zone, making it an ideal medium for hydroponic growers.

Similar to rockwool, HEC balls are manufactured from clay and work well in hydroponic systems, especially ebb-and-flow setups where rockwool has a tendency to become compacted over time. HEC balls are also very useful in hydro systems that require the use of baskets or net pots, such as nutrient film technique (NFT) or deep-water culture (DWC), as they can firmly hold the rockwool cubes or starter plugs. The same applies for HEC balls in aeroponic systems that use baskets to contain the root zones in misting chambers.

The primary drawback of both mineral wool and HEC substrates is that they offer little to no buffering around the roots from nutrient applications. Even experienced growers will often have problems fine-tuning their feeding regimen so as not to "burn" the roots or create nutrient lockup from excess salts.

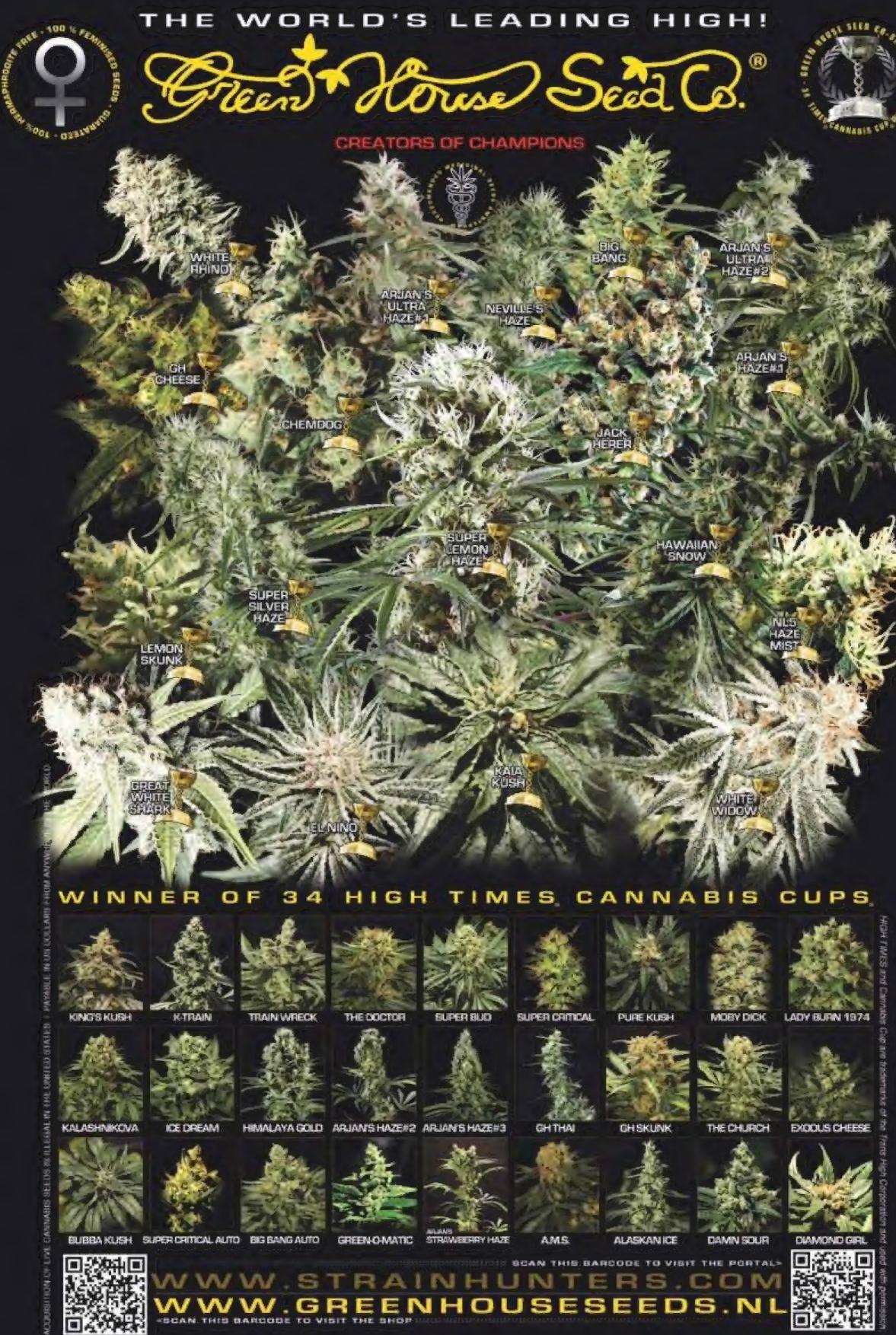
Out of the 23 Cup champions examined for this article, eight were grown hydroponically (five in rockwool, two in HEC and one in lava rock).

Coco coir

Coco coir, or stripped coconut fiber, is another excellent medium that is on the rise within the cannabis cultivation industry. Heat-treated and sterilized, coco coir is a fairly inert and neutral medium that provides good moisture retention and excellent airflow within the root zone.

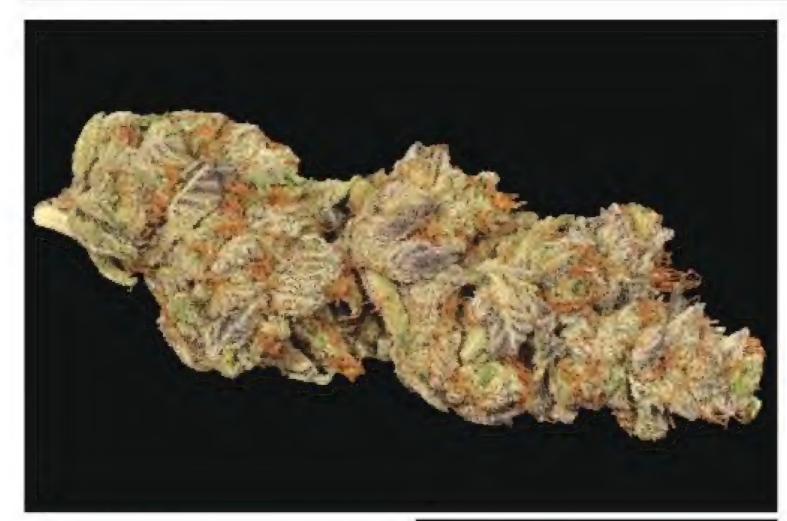
Coco coir can be used as a stand-alone substrate or in conjunction with other mediums. Many growers mix coco coir into soilless mixes to help aerate the medium and prevent it from compacting, which cuts down on the oxygen reaching the roots (and, once wet, coco coir also softens up and protects roots fairly well). Coco coir comes in a few different sizes and forms, from string fibers to small square pellets.

From top: This indoor soiless system feeds each plant at the same time; multiple drip emitters ensure saturation of the mix; rockwool cubes allow oxygen and nutrient solution to reach growing roots.



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Out of the 23 Cup winners we examined, seven were grown using straight coco coir. (Editor's note: Some of the clones may have been started in peat or rockwool plugs during rooting and then transplanted into coco coir for the vegetative and flowering phases.)

Nutrient Programs

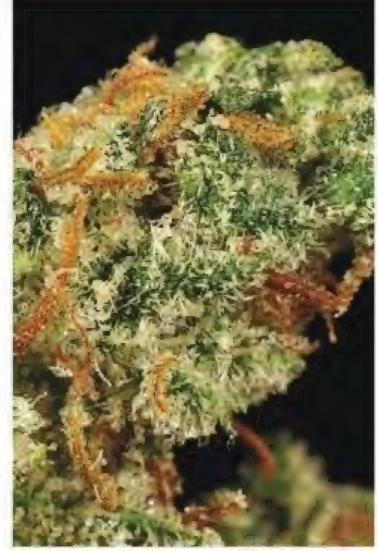
The first decision any grower has to make when determining how to feed their plants is whether to use synthetic nutrients or go organic. The latter has a few different levels to consider, including whether to feed the plants directly or feed the garden's soil with microbes and then let the soil feed the plants naturally instead.

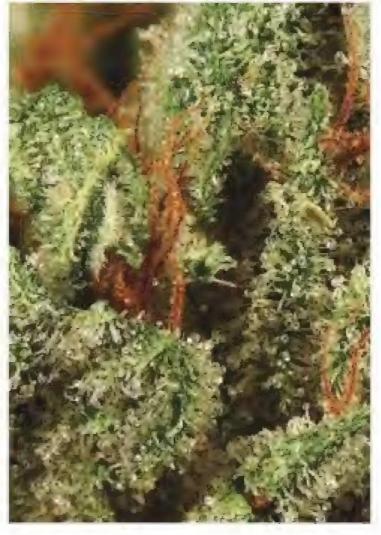
Experienced growers and savvy competitors know that, while organic nutrients may not produce the best weight, they do bring out the true genetic potential of most strains, including the best flavor and aroma possible. As a result, it's no surprise that in our sampling of 2012 Cup winners, 12 were grown organically while eight were grown using synthetic nutrients. (Editor's note: The growers of the three remaining prize-winning strains—organic farmers all—declined to divulge their nutrient regimens to HT. Must be a trade-industry secret!)

Growing With Organics

Among the 12 organic farmers who did share their nutrient regimens with us, the two most popular lines were Organicare (from Botanicare) and General Organics (from General Hydroponics); Organic FoxFarm was also rated highly. Nearly all of the organic nutrient programs were used in conjunction with soilless mixes or compost.

It's important to remember that mixing organic and synthetic fertilizers is counterproductive to the goal of organic feeding,





since most synthetic fertilizers will kill the microbial organisms that help decompose minerals and nutrients in organic mediums.

Of the remaining three organic winners, one went "veganic" while two others used compost teas. Interestingly enough, the judges' scorecards also indicated that the highest scores in the "Taste/Flavor" category came from these three entries. Talk about food for thought!

Growing With Synthetics

Synthetic nutrients, while in the minority in our survey of winners, are still the most popular choice for the mass of cannabis growers worldwide. There are a few good reasons for this, primarily that synthetics have the potential to result in heavier yields (though often at the expense of other qualities), and also because they're generally easier to use in application (though this is less of a factor as new organic products come onto the market).

Both General Hydroponics and Botanicare started out as synthetic-only nutrient companies and still sit atop the leader board as the makers of the best artificial nutes out there. Surprisingly, Canna—another excellent brand based in Europe—contributed to only one of the 23 winning grow programs, but it's still recommended by many.

How to Win

At the end of the day, the winning formula for a championship-caliber grow is not as traditional as one may have thought. (I know this writer was pleasantly surprised.) While many growers advocate starting from seed, it turns out that, among the Cup champions examined for this article, nearly 87 percent came from cloning.

While not quite as surprising, it was also interesting to learn that at least half of the winners surveyed went with organic feeding regimens over the traditionally favored synthetics. But perhaps the biggest revelation was the increase in soils and soilless mixes used in championship gardens. All told, it appears that the trend line is headed in the proper direction, with more and more growers seeking out more natural (and healthier) alternatives ... as they should! **

From top: Kurple Fantasy from 420 Wellness; Skunkberry from Green Man Cannabis; Raskal OG from The Clinic on Holly.











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ACQUISITION OF LIVE CANNABIS SEEDS IS ILLEGAL IN THE UNITED STATES | PAYABLE IN US DOLLARS FROM ANYWHERE IN THE WORLD

Making solventless hash the Nikka T way. Story & photos by Ry Prichard



ne of Colorado's premier hashmakers and the winner of the 2012 Denver Medical Cannabis Cup award for non-solvent hash, Selecta Nikka T is a true artist, producing high-quality water hash that sets itself apart thanks to its unique semi-translucent and oily appearance, incredible terpene preservation, and a potency that rivals or surpasses many

high-quality solvent extractions (his hash routinely tests at 60 to 70 % THC). This highest grade of Selecta Nikka T's product is referred to as "solventless wax," and though it takes a lot of practice and attention to detail, it can be made at home using simple equipment. So if you're interested in giving it a shot, here's a series of tips from the master to help you get started!





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Keep It Fresh-Frozen

One of the main rules for producing worldclass water hash at home is to always start with "fresh-frozen" material. How do you do that? Simply by harvesting your plants, trimming off the fan leaves or any other material without trichomes (leaf tips, stray stems and petioles, etc.), and immediately freezing this material for later use in making hash, whether it's the trim, small buds or the whole plant (more on that later). A deep freezer or blast chiller helps with this process, but since most people don't have either one at home, wrapping the trim tightly in a freezer bag is the next best thing. However, it's also important not to keep your material in the freezer for too long (a week or two is the recommended max), because the cold and moisture can burst and destroy the trichome heads before you get a chance to extract them.

Selecta says: "The variables [in water extraction] can even be as precise as which nutrients were used in growing the cannabis, whether it was grown in soil or hydro—and, especially, whether or not it was trimmed fresh, then frozen immediately, or if it's bone dry. Fresh-frozen trim is definitely preferred for making solventless wax in the end, but it is possible to make it with dry trim as long as you can figure out a way to remoisten it correctly."

Controlling Your Variables

According to Selecta Nikka T, the key variables in producing high-quality water hash are:

- The temperature of both the water and the external environment
- Trim quality/preservation
- The amount and type of agitation
- The sequence and size of the micron screens
- The water itself and how it is used.

Selecta says: "You don't necessarily need a science lab or loads of expensive equipment to properly produce solventless wax. Just remember to keep the water temperature below 34°F degrees at all times. Also, keep temperatures in the drying area between 40°F and 68°F, depending on how quickly you want to remove the water (which will vary according to strain), and keep the relative humidity between 15 and 50 percent. There are certain strains where I like to keep the humidity and temps on the higher end of that range to create the appearance desired by the patient or client. Be very particular about your work environment-cleanliness and control are key!"

The key to home hash production, especially when just starting out, is working in smaller batches, which makes it easier to control these variables. Working with 5-gallon extraction bags instead

of 32-gallon ones (at least to start) will help you "dial in" your variables; you will also need less storage space, less ice and less agitation of the material. Making the step up to larger amounts normally requires the aid of mechanical separators such as washing machines—and while this often does improve yields, it also arguably reduces the quality compared with manual agitation. Making perfect solventless wax from a 5-gallon (or even a 1-gallon) bag set is the best way to learn what you're looking for in terms of the final product before going bigger.

Man vs. Machine

Due to the high demand for his product on the Colorado medical scene, Selecta Nikka T has used washing machines for several years. These machines are meticulously cleaned and utilized for extraction purposes only. For home hashmakers, a small portable washing machine will probably suffice—but if you want the absolutely best final product possible (though with a sacrifice of overall yield), manual agitation is the way to go. A simple tool such as a large wooden spoon or bamboo stick is used to gently agitate the plant material as it sits in the icy water. "Smooth and easy" is the key to this process, as keeping the trichome heads and stalks as intact as possible will

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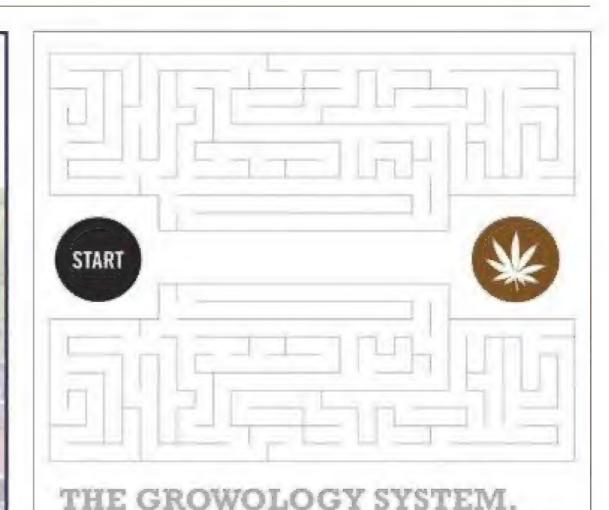


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help the screens do their work in separating the good from the not-so-good later on. Lots of hard, vigorous agitation will cause the plant matter to break apart, increasing the likelihood of a "green," chlorophyll-laden final product (as well as for particulate and plant matter to taint the finished extract).

Work Quickly

The belief that a quicker extraction process produces a better product has a scientific basis. Though the entirety of the stalked, glandular trichomes are not water-soluble, Selecta Nikka T believes strongly that the outside layers contain terpenoid and flavonoid compounds that are often washed away by a long soak or too much agitation in the water. Even so, the fledgling hashmaker should always keep in mind that nothing is cut-and-dried (so to speak) in a process with so many variables.

Selecta says: "Generally speaking, the longer you wait for your product to settle between the different layers of micron screens, the darker and less pungent your product will turn out. By retrieving trichomes quickly after agitation, we are able to preserve the flavonoids, terpenoids, tastes and smells better than if we let it sit longer. There are certain strains, however, that—when pulled immediately from the water—turn out very dry, powdery and crumbly in the end product. This is avoided by finding a nice balance between letting the trichomes soak up some water (to give the end product a bit more of a shiny, waxy appearance) and pulling them from the water immediately (to retain taste and smell). Both flavor and texture are very important to my final product."

Micron Size Matters

One of the most critical variables in this process is the number and micron size of the filtration extractor bags. Using too few bags will often result in a messy product, with only one layer being truly "full-melt" quality, while using too many can reduce yields and will always require a lot more time and energy spent working with each individual bag (as well as each "layer" of separated material).

Selecta says: "When separating by micron size, anything above 160 microns generally has quite a bit of plant matter in it, as well as anything below 38 microns. At 160 microns, it's because plant matter is generally larger than trichome heads, while at 38 microns, it's because anything below that size tends to be particulate matter or broken trichome pieces. Simply









saying that the 70-micron level produces the highest-quality product is oftentimes wrong because of the variables that come with using different-sized screens. There are some people who will go straight down from a 160 to a 70, making the 70-micron bag less clean than if you went from 160 to 120 to 90 to 70. Using a series of bags will give you a much cleaner final product in the 70-micron bag, and also in the other, 'middle' bags."

"Generally, you will find that the "sweet spot" for hashmaking is somewhere between the 70- and 120-micron screen levels, which will lead to a final product with the best color, oily appearance and full-melt properties desired in a top-grade water extract. However, certain strains have plenty of smaller- or larger-headed trichomes, which can make the results of using a 38- or 120-micron screen equally impressive in those areas. Learning your strains through experience (as well as using a USB microscope to get an idea of the trichome head size) can help you "dial in" the various components of your hashmaking process batch by batch, much as you would for growing a particular strain after several years of experience with that varietial."

Drying It Out

Probably the most neglected yet important step in making high-quality water hash is the finishing. Much as an improperly done harvest and cure can turn formerly amazing cannabis into iffy-looking, hay-smelling garbage, in hashmaking the drying, jarring and curing process can greatly affect the way the final product looks, smells and bubbles—as well as its safety for many medical users.

Selecta says: "Removing the residual water in the hash is super-important. Chopping the hash into smaller pieces allows it to dry more quickly, expelling the water from it. Trapped water tends to cause 'off' flavors as well as a harsher smoke or vapor in the final hash. I like to use large drying racks, laying the hash itself on parchment paper to help wick away moisture and preserve the terpenes."

"Some extraction artists use a microplane grater (similar to what you'd use for ginger or hard cheeses), while some even use a credit card. The key is to break the hash up into as many uniformly sized

From top: 160-micron bag draining; 120-micron hash after extraction on parchment; 70-micron hash being broken apart using a sieve; various grades of hash drying on baker's racks.

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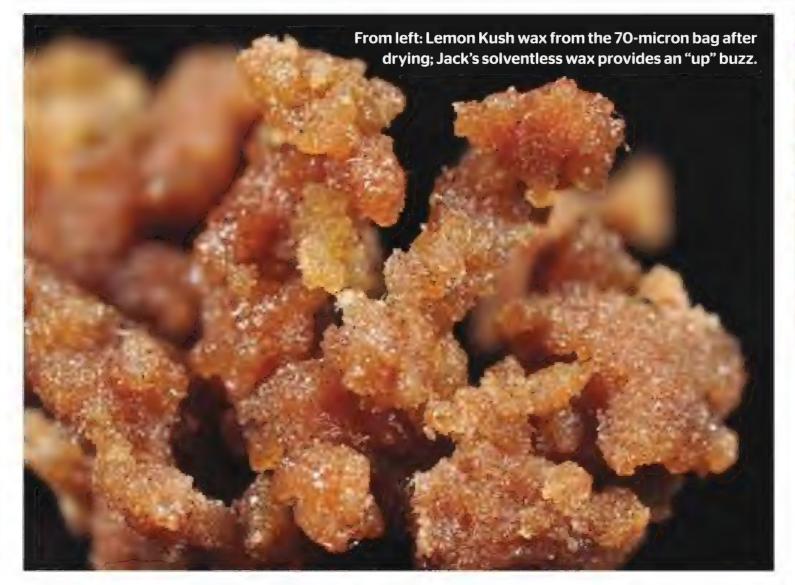
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pieces as possible to facilitate quick and even drying. Once the hash has sufficiently dried, it generally has a little bit of gooeyness and malleability to it, but the smell should be very strong and the granules should break apart easily (though some strains will retain a more oily sheen and be stickier to the touch).

"Finally, never put wet hash into a jar, as the formation of mold can begin very quickly in such conditions, especially if the external temperature is fluctuating outside the prime range (from about 40°F to 70°F). Storage mold won't kill you as a rule, but people with compromised immune systems, mold allergies



or other respiratory issues can experience health problems from consuming moldy hash. Any white growth on the end product should be immediately inspected using a USB microscope, and any affected hash should simply be thrown away.

A properly cured water hash can deliver the most incredible aroma and flavor of any cannabis extract, so once your hash is properly dried and safe from mold, jarring it up in a half-size Mason jar with a rubber sealing lid will help to preserve all of those essential oils and terpenes. A well-stored water hash can keep for up to a year with minimal terpene loss, meaning you can enjoy that stash well into your next couple of harvests."









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Solventless Wax "Starter Kit"

If you want to put together a list of equipment to make your own solventless wax at home, here's what you'll need:

Two 5-gallon buckets

For machine extractors, a (very gentle) agitating washing machine with gravity drain; for manual extractors, a large wooden spoon or bamboo pole

A cool, dry, sterile environment

(i.e., keep floating hairs and the like to a minimum)

A set of mesh-screened, micron-specific bags (we like Essential Bags from the Trim Shop—and remember that more bags means more work, but a better final product!)

Parchment paper

A knife or other chopping tool

Lots of ice

(preferably from a filtered or distilled source)

Lots of water (ditto)

This basic equipment list (minus the washing machine) can be purchased for less than \$150 in nearly any locale. The large amounts of filtered water and ice are probably the hardest things to procure, but you can still get good results using tap water and bagged ice, though there may be some extra minerals or salt residue in the final product depending on the cleanliness of the water.

Remember, if your extraction room is too warm, the ice will melt faster and everything becomes more difficult to keep at or below 34°F. Working in a clean area in the basement or in an air-conditioned space is recommended if you live in a warmer climate.





Get to Work!

Now that you have all the tools you need to produce this incredible extract, it's time to begin the process of learning and perfecting your craft. There's a long road ahead of you: Selecta Nikka T has been doing water extractions for more than 10 years now and says he still learns something new every day. Fortunately, you get to test your product along the way ... which certainly makes the process more enjoyable! **







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THE 99% SOLUTION

The Occupy Wall Street movement brought worldwide attention to the excesses and inequalities of American capitalism—but can it translate that message from mere protest into real political change? This past Independence Day, one Occupy-inspired group—the 99 Delegation—gathered in our nation's birthplace and re-created our revolutionary roots in an attempt to do just that. *By Bobby Black*

t's tragically bemusing to watch our two political parties bicker over tax rates, budget cuts and birth control, while never addressing the root of our democracy's real economic and moral crisis: capitalist greed gone wild, and the corrosive influence it exerts on public policy. In September 2011, a populist movement calling itself Occupy Wall Street arose, demanding social and economic justice and the extrication of payola from our political process. They adopted as their slogan "We Are the 99 Percent"—a reference to the glaring inequity that the top 1 percent of Americans controls more wealth and resources than the rest of the population combined.

I've always supported what the Occupiers stand for and wanted to get involved, but after visiting Zuccotti Park and witnessing their jazz-hand General Assemblies at work, it seemed like they were more interested in creating their own communal sub-government than actually reforming our Republic. As long as OWS remains leaderless and unfocused, it can be dismissed as a radical fringe group rather than being regarded as the true voice of the 99 percent. If the movement is to have any lasting impact, it needs to take the fight from the park to the Hill. And one Occupy-inspired group, I discovered, was attempting to do just that.

The 99 Declaration Working Group was the brainchild of Michael Pollok, a criminal defense lawyer from Rhinebeck, NY, who volunteered to defend some of the 700 Occupiers arrested on the Brooklyn Bridge in October 2011. While representing the protesters, Pollok began compiling a list of their grievances and trying to figure out a way to turn them into a legally actionable document. He found the answer right in our Constitution—namely, the oft-overlooked end of the First Amendment, which guarantees "the right of the people ... to petition the Government for a redress of grievances." Just like the First Continental Congress had, in 1774, drafted a petition to King George III to protest unjust treatment by the British crown, so too could the Occupiers and other disenfranchised Americans petition our leaders. Thus it was decided to convene a new delegation—a Continental Congress 2.0, if you will—to meet, just as the Founding Fathers had, in Philadelphia during the week of July Fourth to draft and ratify such a petition.

While perusing the list of proposed grievances on the group's website, I noticed there was nothing about ending the Drug War. This was the perfect opportunity for me to get involved. I created a profile and began my online campaign to become a delegate with one mission in mind: getting marijuana legalization into that petition. Then, in late June, after a week of online voting, I received an email saying that, due to low voter turnout, *all* of the registered candidates were being invited to participate. I grabbed my "Smoke the Vote" T-shirt and my G-Pen and headed to Philadelphia.

AN UNCONVENTIONAL CONVENTION

The Pennsylvania Convention Center reminded me of an abandoned casino—a cavernous cathedral with tacky carpeting and nary a soul in sight, save for the few security guards who directed me upstairs to a ballroom in the back. I signed in, was issued my nametag and electronic voting device, and found my way to the table designated for the not-so-great state of New Jersey. Out of the 787 registered candidates, only 75 actually showed up—a blessing in disguise, it turned out, as getting even a dozen people to agree on anything would prove to be a Herculean task. Besides, the original Continental Congress did just fine with only 55 people—and unlike that Congress, which was composed entirely of white male landowners, our group was as diverse as the 99 percent itself. From the elderly and disabled to the young and idealistic, from the tie-dyed to the suit-and-ties, from the vets, teachers and construction workers to the hippies, activists and anarchists-nearly all races, ages and creeds were represented.

Oddly, Pollok himself, who allegedly invested around \$100K of his own money in the project, was conspicuously absent—a move most likely made to temper his schism with the "official" Occupy group. You see, though the 99 Declaration Working Group sprang from OWS and shares its ideals, the latter had completely and publicly disavowed Pollok and his delegation. Ironic, then, that



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OWS was also in Philly that week holding its first National Gathering.

It took the Steering Committee (the convention's administrators) two hours to get all of the A/V and voting equipment working before the Congress could finally be called to order. We were all given handouts listing the collected grievances from the website, broken down into 20 official topics (i.e., Campaign Finance Reform, Health Care Reform and so on). A committee would be formed to tackle each topic, and the delegates were to sign up for each grievance we wanted to work on, starting with our primary issue and working our way through the rest. Since my mission was legalization, my first choice was Criminal Justice Reform. At just four members, ours was one of the smallest committees. That, coupled with the fact that we all basically saw eye to eye, made compiling our resolutions quick and painless. Among the reforms we suggested were de-privatization of the prisons, demilitarization of the police, ending the death penalty, and a severe crackdown on white-collar crime. And, of course, decriminalizing drugs.

Next I moved on to Civil Rights. At first, things were going smoothly: We agreed on repealing the PATRIOT Act and portions of the National Defense Authorization Act, and that an individual's Internet data should be protected under the Fourth Amendment. It wasn't until we got to the Equal Rights Amendment that we came to a grinding halt, thanks to a New York rep in a wheelchair and a Ron Paul T-shirt named Robert. An adamant libertarian, Robert refused to include the ERA, saying he didn't like the idea that it "singled out" women as having "special rights." His main opposition (besides me) was Pam, a smart, outspoken lesbian sister from Kentucky's District 3. We explained that since discrimination based on race, color, religion and disabilities was already covered under the Bill of Rights, the Civil Rights Act and the Americans With Disabilities Act, there ought to be a similar law addressing gender and sexual orientation. But Robert wouldn't budge.

"I don't even support the ADA, and I'm in a wheelchair!" he bragged ridiculously. "Businesses should accommodate disabled people because they *want* to, not because the government *forces* them to. If they don't want to install a ramp, I'll just take my business elsewhere."

Unfortunately, Robert's "trickle-down morality" argument—that businesses



If libertarians had their way, the social contract would be reduced to a political pre-nup.

will do what's right because it's in their economic self-interest—has proven to be utter bullshit. Segregation didn't end because restaurants in the South *chose* to serve blacks—it ended because our federal government *made them*. If "voting with your dollars" is such an effective method for putting unethical companies out of business, why is Walmart still shafting its workers and McDonald's still hawking pink-slime burgers? If libertarians had their way, the social contract would be reduced to a political pre-nup.

Our argument continued long after the Congress was adjourned for the day—eventually drawing attention from some highly opinionated bystanders. One such lingerer was Donald Kronos, an activist from Occupy LA with a walker who began clashing with our Objectivist obstructionist. As the two disabled debaters' decibels (and tempers) rose, others joined the fray—such as a dreadlocked Occupier from SoCal named Steven Kong, and Aron, a Jim Carrey look-alike from Ohio who managed to piss off everyone ... including me.

"There are people who practice *witch-craft*," he commented sarcastically, "but it's not considered a *religion*."

"Actually," I retorted, "it *is* a religion. I know, because I'm a Wiccan high priest."

Then, in response to Kong's plea to

reach out to conservatives for support on our efforts, Aron said (and I'm paraphrasing here), "Fuck conservatives ... who cares what they want?"

With that, Kong exploded. "Fuck you— *I'm* a conservative!" That's right: Despite having the appearance of some long-lost bastard of Bob Marley's, he apparently considered himself a conservative. He stormed off in a rage, earning himself an obvious yet fitting new nickname: *King Kong*.

OCCUPATIONAL HAZARDS

As I settled in with my coffee the next morning, Aron approached me and apologized.

"I didn't mean to offend you ... I'm actually pagan myself. I just don't consider it a 'religion' per se." Turns out the Craft wasn't the only thing we had in common—he was also a former stoner who had to give it up thanks to drug testing. No sooner had I revealed my profession to him then two other cannabis enthusiasts emerged from the woodwork to talk trade: Emerald Triangle delegate Chris Kulik, and Mikel Weisser—an Arizona activist with a pink guitar case, who was running for the *real* US Congress.

After a break for lunch and a speech by David Cobb from Move to Amend (a coalition dedicated to passing a constitutional amendment overturning the Supreme Court's infamous Citizens *United* ruling), it was time to start voting. That, it turned out, would make drafting the resolutions seem like a walk in the park—Zuccotti Park. One member of each committee was to read their group's document over the PA. Then, any dissenters were to line up and take two minutes or less to argue their points and propose amendments before it went to a vote. Simple—except that, symptomatic of those who would choose to be in such a delegation, many people didn't follow the rules and held up the process. Some Occupiers—Kronos in particular—kept interrupting the moderator, objecting to procedures, and trying to convince us to abandon the microphone and electronic voting devices and instead switch to the OWS General Assembly's tinkle-finger method.

Mic check: Dude ... sit down and shut the fuck up.

I mostly kept to myself—approaching the mic only once (at 4:20, naturally) to suggest that medical marijuana be included in the Health Care grievance. Nevertheless, all around me arguments raged, objections were raised, motions were seconded, amendments were



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defeated, and some votes even needed to be retaken due to what I will politely call "human error." It's hard not to lose faith in a convention that can't seem to master the concept of "Press 1 for yes, press 2 for no." Even worse, it seemed that three different committees (Campaign Finance Reform, Election Reform and, strangely enough, Puerto Rican Statehood) had taken it upon themselves to combine into one mega-committee and write a novel-length grievance that was taking hours to dissect. In short, much like the *actual* Congress, loudmouths and idiots made it hard to get anything done. I was ready to strangle myself with my own voting-pad cord.

Just before we were about to end for the day, there was suddenly a big commotion by the podium. It was Kronos again—he was now being ejected for voting with two keypads. Allegedly, his fellow Occupy LA delegate "Mom" had stepped out and asked him to vote for her. But the rules clearly stated that no proxy voting was allowed. When confronted about it, Kronos made matters worse by getting loud and hostile, and now he was being escorted out by security—exiled for the remainder of the convention.

Mic check: *Buh-bye*. (This is me wiggling my jazz fingers.)



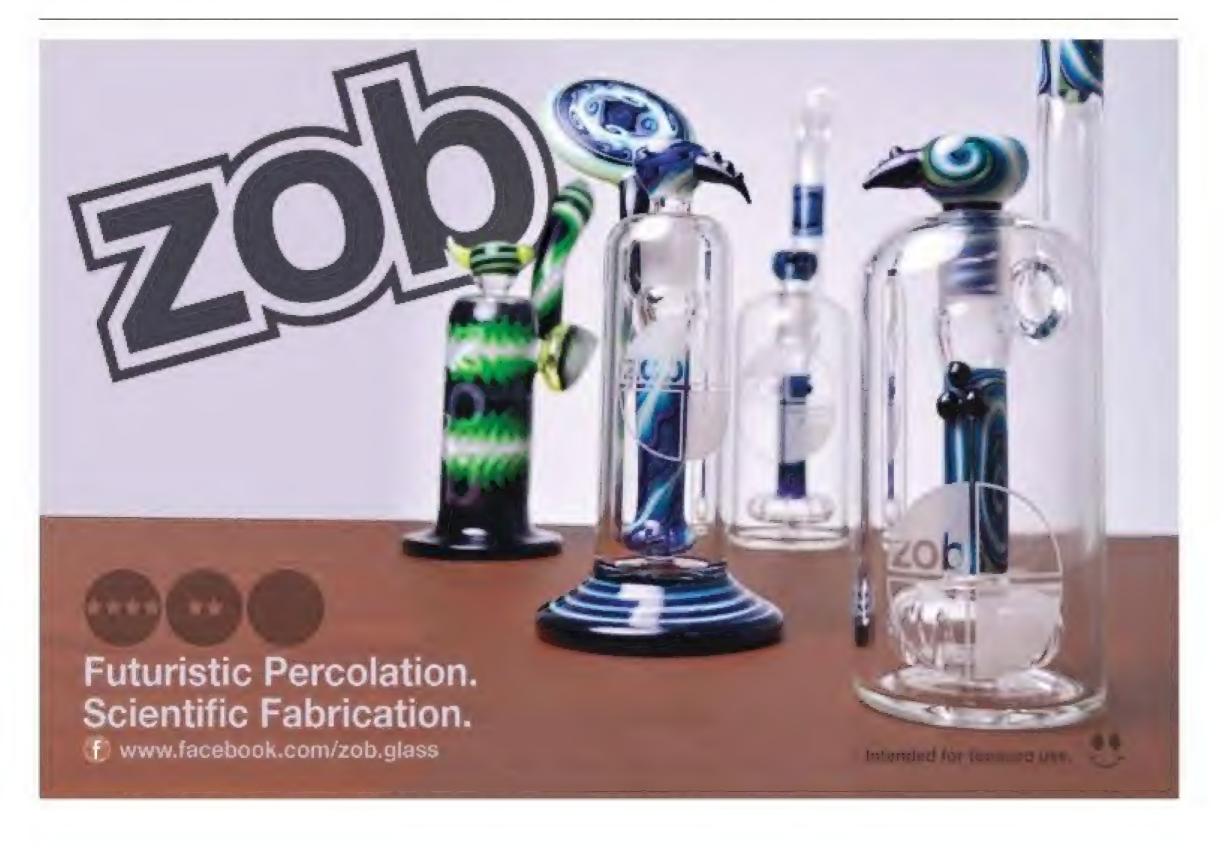
DECLARATION OF INDEPENDENTS

Otto Von Bismarck once famously said, "Laws are like sausages—it is better not to see them being made." By day three, I'd all but lost my taste for this sausage-fest. We still had half our grievances to go and only until 2 p.m. to complete the petition; after that, we'd be kicked out of the convention center. Perhaps the seriousness of our task sank in, perhaps it was the absence of Kronos, or perhaps it was even

the "Spirit of '76" that possessed us—but by George, we managed to get our collective shit together, motoring efficiently from grievance to grievance until eventually it was time for the Criminal Justice Reform presentation. I'd volunteered to be the spokesman, but had been doing G-Pen dabs under the table all day and was now on the verge of a wax-induced anxiety attack. Somehow though, I managed to hold it together

"End the expensive and ineffective War on Drugs," I proclaimed shakily. "Legalize marijuana for medical and personal use by adults, and tax and regulate it like alcohol. Decriminalize hard-drug possession and use in all US jurisdictions, and treat drug addiction as a medical problem rather than a criminal one. And, finally, abolish the DEA!"

I'd spent a lot of time gathering data and carefully phrasing my argument in the hopes of making an informed, impassioned speech to persuade the Congress to vote for legalization. I never got to deliver that speech, but thankfully it wasn't needed—other than a minor objection, our measure was met with great applause and passed overwhelmingly, 87 to 13 percent. Even King Kong was twinkling with approval.



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As our former idiot-in-chief once put it: *Mission accomplished*.

Amazingly, we finished just in time for our deadline. Among the many items voted into the petition were: a Move to Amend demand; election and voting reforms (such as gerrymandering restrictions, public financing of campaigns and making Election Day a national holiday); institution of a single-payer "Medicare for All" system; remanding the Federal Reserve to the jurisdiction of the Treasury Department; the reinstatement and enforcement of the Glass-Steagall and Sherman Anti-Trust Acts; stricter restrictions on lobbying and corporate dealings by elected officials; strengthening the War Powers Resolution Act; and the mandatory labeling of all genetically modified foods. The finished petition was then turned over to the Style Committee, whose job was to restructure it all into one cohesive voice and format. Meanwhile, we all lined up down the center aisle and approached the dais to submit our signatures for the final document.

Eat your heart out, John Hancock. With our petition ratified, it was time to take our message to the masses.

At 3 p.m. on July Fourth, the Continental Congress 2.0 gathered outside



and welcomed wayward son Kronos back into the fold. Then, brandishing protest signs and bellowing chants, we marched past Franklin Square Park (where the Occupy National Gathering was apparently too busy holding a "visioning exercise" to support us), turned the corner and continued down North Sixth Street to Independence Mall. There, in the shadow of

Independence Hall across from the Liberty Bell, we lifted our banner and our megaphone and took turns reading from our Declaration of Independents. There were no TV crews or newspaper reporters there to cover our historic endeavor, no fireworks to mark the occasion—just a small crowd of activists, tourists and locals interested enough to hear what we had to say.

The 99 Declaration will be served by Pollok upon our three branches of government just before Election Day. If they don't adequately address it, the 99 Declaration Working Group plans to—as the Tea Party did—form a new political party to support, endorse and run candidates that will. It's hard to know what reaction, if any, the petition will garner from our government ... or from OWS, for that matter. Regardless of the outcome, let it be known that there was a group of patriotic Americans who, in keeping with the finest traditions of our Founding Fathers, gathered together to represent the 99 percent and call our leaders to task—and I'm proud to say I was one of them.

Stay occupied, America. *

For more info, go to the 99 declaration.com.



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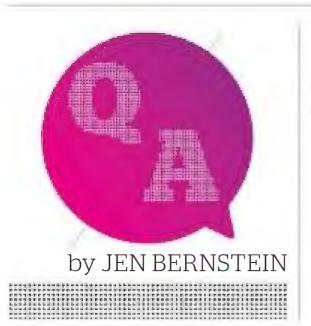
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OUEN OF HASH

From the 1960s to modern day, Mila continues to be an industry innovator. How did a single mother of four manage to travel the world, survive a huge bust, become an inventor and create the hashish scene in Amsterdam? Hear it straight from Mila.

THE HIGH TIMES INTERVIEW

AST YEAR'S 24TH ANNUAL HIGH TIMES
CANNABIS CUP IN AMSTERDAM WAS
AN OVERWHELMING SUCCESS EXCEPT
FOR ONE SMALL ISSUE—A POLICE RAID
ON THE SECOND TO LAST DAY. INSTEAD
OF HANDING OVER THEIR STASHES, INTERNATIONAL
ATTENDEES QUICKLY ROLLED JOINTS, SAT ON THE
FLOOR AND SMOKED OUT THE VENUE BEFORE LEAVING
THE EXPO WHERE JUST ONE PERSON WAS ARRESTED.
HER CHARGE? A BAG FULL OF LEAVES AND SHAKE LEFT
OVER FROM A PRESENTATION THAT EXCEEDED THE
FIVE-GRAM-A-PERSON LEGAL LIMIT BY 200 GRAMS.
THE SMALL AND UNASSUMING GRAY-HAIRED WOMAN
TAKEN AWAY BY THE DUTCH POLICE WAS NONE OTHER
THAN MILA JANSEN—AMSTERDAM'S QUEEN OF HASH.

A LIVING LEGEND IN THE CANNABIS COMMUNITY, MILA'S REPUTATION FOR CREATING QUALITY HASH IS AS WELL KNOWN AS HER APTITUDE AND INVENTIVENESS. MILA, THEY SAY, IS RESPONSIBLE FOR HELPING IGNITE AMSTERDAM'S INTEREST IN HOMEMADE DUTCH HASHISH AND FORGING THE WAY FOR SOLVENTLESS HASH—USING WATER AND ICE EXTRACTION, DRY SIFTING AND EVEN A NEW PROCESS WITH DRY ICE—WITH HER INVENTIONS THE POLLINATOR, THE ICE-O-LATOR AND THE BUBBLEATOR KNOWN THROUGHOUT THE WORLD.

HIGH TIMES CAUGHT UP WITH MILA IN HER AMSTERDAM WORKSHOP TO DISCUSS HER INVENTIONS, TRAVELS AND CURRENT POLICIES SURROUNDING THE COFFEESHOP BAN. SURROUNDED BY HER HASH WALL OF FAME (FEATURING SUBMISSIONS SENT IN FROM AROUND THE GLOBE) AND PLENTY OF OTHER CURIOSITIES, WE VENTURED OUT TO RECORD ONE REMARKABLE WOMAN'S DEDICATION AND LIFE HISTORY WITH THE BELOVED CANNABIS PLANT.

How did the Queen of Hash become interested in hash?

The first time I smoked hash, my ex-husband had bought a matchbox full of it. He was studying medicine and wanted to see the effects, so he had me smoke while he observed me. And it was fantastic—I laughed for hours!

When was this?

It was the spring of '66. I'd started a boutique with a friend who was a gifted designer called Kink 22. We employed designers, and there were at least four people stitching in the back. We were the first to sell miniskirts. The '60s saw an explosion of music, and young people were provoking the cops. I had a little money and turned the store into a teashop. There's still debate on whether or not it was the first coffeeshop in Amsterdam. We never actually *sold* anything—we just shared. In those days people were traveling, coming over and bringing the first LSD and those kinds of things. After two and a half years of the shop, the police caught on.

It was the '60s—we were looking for ways to do things different. Everything was

"Most cannabis users smoked marijuana, and there was very little good hashish available—so we set about making our own."

controlled in the West, and I didn't like it. In those days, all of the Netherlands was on their back legs. When they tried to say, "Oh, you have to carry your passport with you at all times," people didn't like it because it reminded them of the war [World War II]. I'd had enough and thought it was time to move on, go to India.

Your DVD, Mila's Journey, is a fascinating account of your travels in the East. Is that when you first saw hash being made?

Throughout the '60s, I traveled in Asia and the Middle East—first to Morocco in 1965, and then to Turkey, Afghanistan, northern Pakistan, India and Nepal throughout 1968-'69.

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The techniques for making hashish were different in each of these areas. I first saw hash being made in Afghanistan. Local men would take large cannabis plants, dry them and then sift them over silk. We learned to make our own, either sifting or hand-rubbing the flower buds. I made my first hash in '68, in Manali in the Himalayas.

Eventually, I settled in Northern India with my four children for a number of years. I was looking for a way to make some extra money. I started sending back small amounts of dope to make ends meet. I would buy books in Delhi and cut out squares in the pages. I remember getting really excited at finding the *American Book of Law*, or something like that, because it was a six-centimeter thick book.

Were you able to survive as a single mother in India?

You were treated with more respect if you were a mother. You fell into a whole different category. Traveling through all the eastern Mediterranean countries, I really felt the only export article from the West that Easterners had seen was James Bond movies—so they assumed every woman they saw was a James Bond girl.

But it was time to return to the West after 14 years in India. I learned it's great to be a yogi on the mountaintop, where life is easy ... but now you have to be able to do it in the marketplace. I always loved plants, but getting a job in Amsterdam as a woman with four children and no professional background wouldn't be easy.

But you returned to Amsterdam?

Yes, we came back to live in Amsterdam in 1988. I found that most cannabis users smoked marijuana, and there was very little good hashish available—so we set about trying to make some of our own.



"I'm proud to say that I have made a small contribution to this whole movement—and I despair at what's happening in Holland right now."

How did you start growing?

I started very small, because in India, I knew many people who used to live there in the winter and then came to Amsterdam in the summer to grow dope and then went back to India. So when I came here, I knew all these guys—and that was my entrance into growing dope. I think I say in the movie that it was because of these green thumbs [Mila gives two thumbs up] ... because they didn't know how to make clones. None of them knew how to make clones at that time, and I did.

Do you remember what strain?

I only worked with Orange Bud. My friends from India had gotten this clone from someone in California that had been smuggled into Holland, and it was only through clones that it was propagated. And we would only sell—to our friends—Orange Bud clones.

My friends always said, "If there ever is another strain that comes along that's better, we'll change." But the whole operation closed down in '93, so that was really before everybody started these seed businesses and having all these multiple varieties and breeds. I never saw a seed ... all those years that I grew for them, I never saw a seed. I just grew it in my bedroom cupboard—trays of clones. That was the first thing I did: I made clones.

What made you close down in '93?

We got shut down. It was our largest operation: a 4,000-square-meter grow house and 24,000 plants. We started the year before to make the mothers. I mean, the mothers are already like an eight- to nine-month operation, to be able to have 24,000 clones that are ready at the same time. Talk about never taking pictures... [Mila points to a large poster-sized photo of the grow in the back of the shop.]

What do you mean, "never taking pictures"?

That was always every-body's thing: "You shouldn't take pictures." It'll bring bad luck, more than anything else. I took this photo the day we got busted.

Not many people know your grow history, because you're best known for inventions like the Pollinator, Bubbleator and now the Ice-O-Lator. How did you come up with those ideas?

When we had our grows, the leftover material would sit in these cold rooms, and we'd shake it over screens to collect the crystals. After they fell through the screens, we'd take them and press them together to make hash. In the '90s, everyone was smoking grass; there wasn't any good hash in the coffeeshops, so we made it ourselves. One night while doing the laundry and watching these clothes in the dryer, waffling around—and that's what we were doing with this dry material, waffling around—I came up with the idea: We needed to get an old clothes dryer! We wrapped a screen around the drum, took away the heating, put the leftover leaf material in, and lo and behold-the kief collected at the bottom of the machine. I had invented the Pollinator! This was in '94.

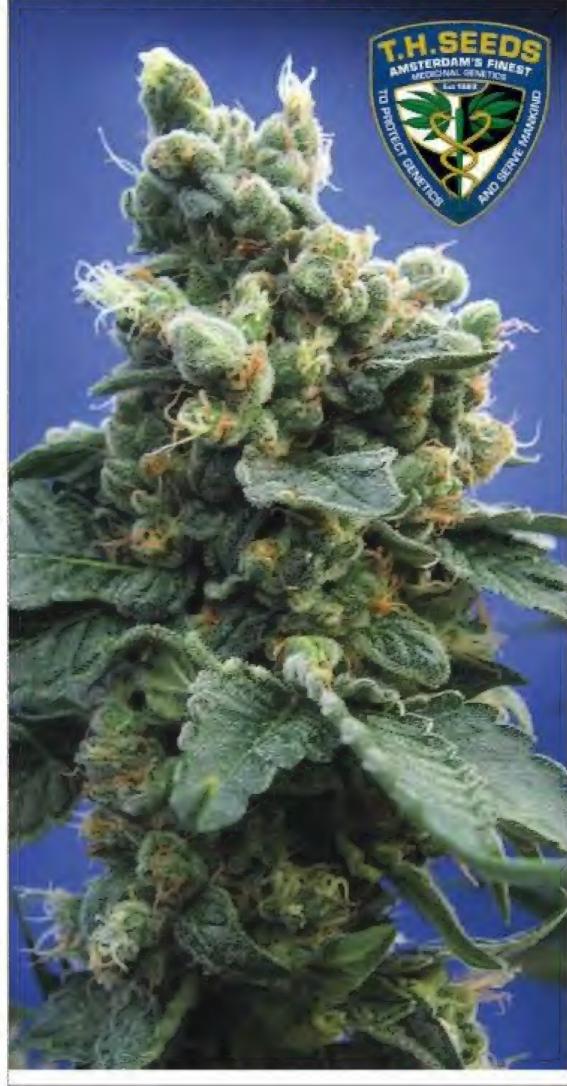
I'm proud to say that I have made a small contribution to this whole movement—and I despair at what's happening in Holland right now. And if I think, "Oh, in '68, I felt I had to leave because the government was so invasive..." But, of course, it was nothing compared to now.

Right—at the last Cannabis Cup in Amsterdam, you were taken away by the police for a presentation you did using the Ice-O-Lator and a large bag of raw materials.

Shake. Maybe 650 grams—a generous pound. And the silly thing is that it had already been used for three days, and there was not very much active material left. It was ridiculous: It took 180 guys and 15 trucks to pick up one old lady. It's their most expensive bust ever.

After the bust–just one person–everybody at the Cup





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was in compliance with the five-gram-a-person law. And all of the shops were represented. Has there been any follow-up since?

I never heard about it again.

Because everybody wants to know what's happening with the coffeeshops and the "weed pass."

At the moment, it looks really bad. And maybe this upcoming Cannabis Cup might very well be the last, because our government seems determined to bring in these passes, so that each coffeeshop can only have 1,500 members—and they must all be of Dutch nationality, with no tourists allowed inside the coffeeshops. And when they said that on the news, they said: "And in Amsterdam, too." Of course, even the mayor doesn't want to do it. Now, since we voted in a new government, mayors from many cities are complaining

about the weed pass.

But so far our government (which is in formation right now) is sticking with the laws about the weed pass the last government made.

I've heard that each town, each mayor, will have input as to how many weed passes can be given out.

Maybe. But then they also say that 40 percent of smokers don't want to be registered with their name, photograph and address, either. I certainly don't feel I want to be.

So in individual towns like Maastricht or Utrecht, they've already started implementing—

Already started this, yeah... in refusing, I think, the French tourists and admitting the Belgian ones or something. I think there is a lot more street dealing to all the foreign tourists.

It sounds like modern-day

"It was ridiculous: It took 180 guys and 15 trucks to pick up one old lady. It's their most expensive bust ever."

discrimination if they aren't allowing other nationalities into the coffeeshops. Why only the Dutch?

It's totally due to our former government. They bring up all these reasons—that the countries around us are complaining. But the coffeeshops have

Watch Mila make hash!

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been here for 35 years. Most complaints came in the first five years, not after 35 years. And most of the surrounding countries are getting more lenient.

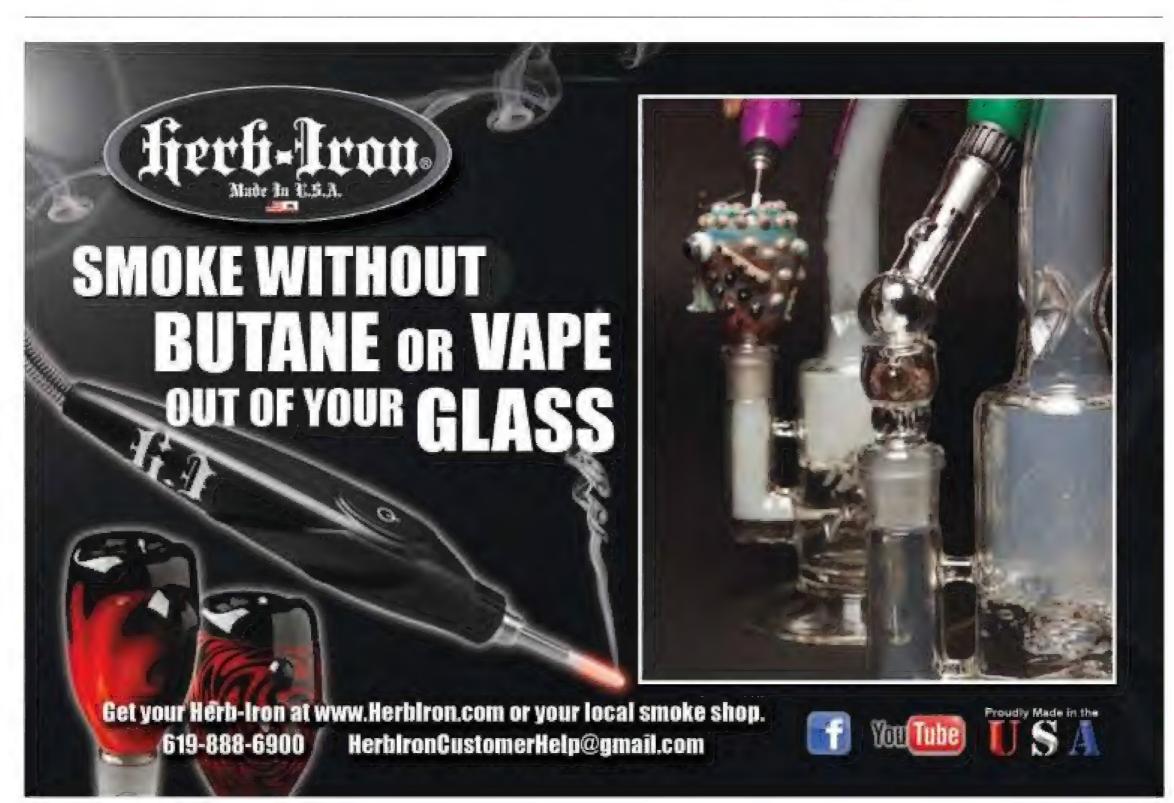
I don't know... I

think it's very sad. Let's hope our new government will be more realistic about the problems that would come if the coffeeshop system collapses: No tourists, registration for the Dutch and street dealing will flourish.

Will we see you at this year's Cannabis Cup? It was so wonderful having you at the San Francisco Medical Cup in June.

You will definitely see me at this year's Cup! It's always so sweet to meet old friends and make new ones. I look forward to and enjoy the Ladies Night at the Hemp Hotel—which is on the Friday before the Cup starts. I'll be in Amsterdam and then will travel to South America for

a month or so. I really had such a great time in the US this summer. What a great country! I loved the spaciousness and really enjoyed the warm welcome I had everywhere. *



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Send your cannabis cultivation questions to deardanko@hightimes.com.

SUBJECT: Backyard Boogie

FROM: Elliot

What can you suggest to get a good backyard outdoor grow started and maximize its yield?

Dear Elliot,

The key to maximizing the yield of an outdoor, backyard grow is to plan carefully, start early and make sure each plant will get enough light throughout its life. Planning includes making sure your backyard is safe and secure to grow in and won't arouse suspicion or unwanted attention. Stealth is always important, even in a legal medical growing situation.

The next step is to start early. Plant the seeds indoors under grow lights in mid- to late winter and give them a chance to grow into nicesized vegetative bushes before you place them outdoors in the spring. This is also the time to prune them in order to keep them short and stocky and produce more branches and tops.

Find a planting spot in your yard that gets plenty of direct sunlight throughout the day as well as throughout the growing season (from spring into summer, ending in late fall). For example, a tree that isn't in the way now might reduce your plants' sunlight drastically come autumn.

Dig out as big a hole as you can and fill it with good store-bought organic soil and whatever amendments you wish to use (I recommend compost, greensand and some seabird guano). Make sure the soil is light and airy and keep it well watered. Trellising outdoor plants this size is a must, so get yourself some form of support such as chicken wire. Each fallen branch represents a significant amount of wasted pot, so make sure they all stay standing.



100 Dear Danko
High Times January 2013

Danko Tip: Although leaf droop can be a sign of under-watering, it can be an indication of over-watering as well.



SUBJECT: Early Flower

FROM: Terry H.

What nutrients do you use to water plants during their first week of budding? I've always wondered if I should keep giving them vegetative food or switch over to budding nutes.

Dear Terry,

The transitional period between the induction of flowering and when those flowers actually appear is an important stage of growth, and many cannabis farmers run into problems during this time. Because the buds are only just beginning to form, plants don't need phosphorous (P) and potassium (K) in the quantities that they'll require in the coming weeks. Your best bet is to go mild with your flowering nutrients and keep some nitrogen in the mix as well.

Plants will continue to stretch for several weeks before they really start packing on the buds. Some of the more pure *sativas* barely show signs of budding at all for over 30 days after you've switched your lights to the 12-hours-on/12-hours-off flowering cycle. Feed these plants lightly during this period to avoid overfertilizing them. Go with about a quarter to a half of the recommended strength on the bottle. You'll have plenty of time to go bigger with the nutes during weeks three to six, when the stretch period is over and flower formation takes priority.

SUBJECT: Light, Interrupted FROM: Johnnyfeelgood

I'm using a small tent, organic soil with organic nutrients, plus a compact fluorescent light (CFL) for growing and an LED system for the flowering period. This is my first go at growing indoors, so I opted for lights that produce less heat. On episode 26 of your *Free Weed* Internet radio podcast, you talked about lights affecting the plants during the "off" period of the light cycle. What would happen if the "on" period was affected instead – specifically if you were using a grow tent and the lights didn't come on for about six hours or more? Thanks for the help, and I want to give you a big "Raspect" for all the great work you do.

Dear Johnny,

Thanks so much for the kind words. The most important part of the light/dark cycle not to interrupt under any circumstances is the period of darkness. If light intrudes upon a plant's "nighttime" rest, she will become confused and react with abnormalities like hermaphroditism and twisting leaves. You can use a green-colored light such as the Nite Light from Stealth Grow if you have to enter the growroom when it's dark. (The plants can't take in green light and thus won't react to it.)

However, your plants will recover from the "daytime" part of the cycle

being interrupted much more quickly and won't tend to freak out nearly as much, producing little to no side effects. One six-hour period in which the light was interrupted by darkness will quickly be "forgotten" by your plants, so you should be okay.

SUBJECT: DJ Short and BOG Seeds

FROM: Seedless in Seattle

l'm looking for seeds from two particular breeders, and l've been having the hardest time finding them. I've looked all over the place online and think nobody truly has the real deal. I'd love to find Flo and Blueberry from DJ Short and Bogglegum from BOG (Bushy Older Grower). Any ideas where I can find legit seeds from these two legends?

Dear Seedless,

You're in luck! I recently met a distributor working directly with both of those breeders who can ship their beans to you. Contact Detroit Mike at A1Seeds@yahoo.com or call 313-287-3520 to speak with him about your order. By the way, you've chosen two top-notch seed producers for your garden, and I think you'll be very happy with the results.

SUBJECT: Leaf Loss

FROM: Esker

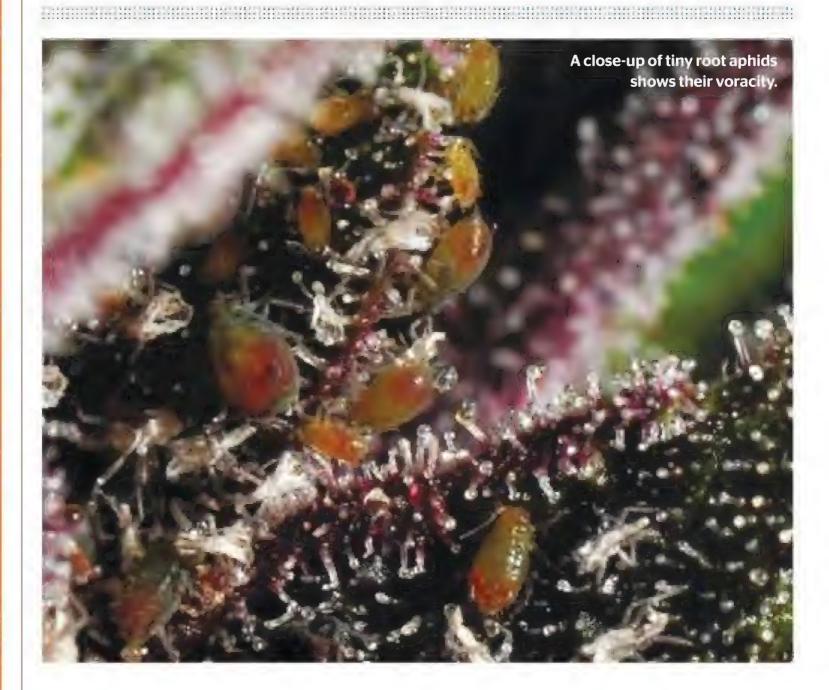
My question has to do with bud production and stretch—not the plants' actual stretching, but more about once the hairs start showing up outdoors. I've noticed that as the buds grow vertically, they begin to decrease their leaves per set down to a single leaf. Once the single leaves show up on the top of the buds, they begin to put on weight. Is this at all an accurate way to determine when your plants are finished growing vertically?

Dear Esker,

As they begin their flowering period, plants will start to reduce the amount of leaves they produce and focus their energies on bud production. However, a reduction in leaves per set can also be an indicator of poor feeding if you're nowhere near their projected flowering time. The best way to determine when your plants are finished growing vertically is by observing and measuring their height over a period of time.







Once white hairs begin to form and fan leaf production is on the decline, you're nearing the moment when the stretching period is over entirely. At this point, feed your plants their full dose of flowering nutrients and organic additives such as bat guano, one of the best (and quite concentrated) nutrients specifically for flower production.

SUBJECT: Brick Weed FROM: Wraithbudfor AZ

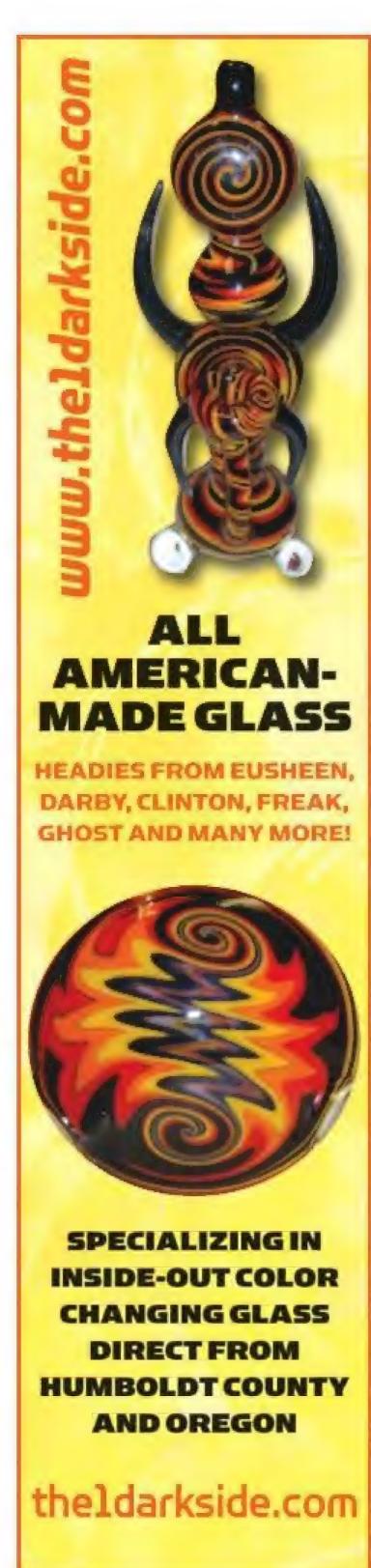
Who says Mexican brick weed sucks? Okay, so getting it, smoking it and tasting it sucks. But I decided to grow some of the seeds left over from a brick. I grew them under 100% fluorescent light in my deep-water culture (DWC) hydro setup. It took 160 days from seed, and out of 12 plants, I ended up with three females. One was stunted from the start but produced a nice main cola for about 7 grams of cured material. The other two grew to about 2.5 feet tall and produced 3 total ounces cured. I rolled the first of it in a nice little number and blasted off—I mean right through the roof and into orbit over Arizona. I even got a look at the Grand Canyon, and I live in the PHX area!

Okay, in all seriousness, it was pretty good, tasting of citrus and maybe a little mint. My question is: How do I tell what

the heck this stuff is? No doubt the seeds came in across the border-schwag weed for sure. But I grew it, cared for it and even loved on it, and the end results were outstanding. I even took some up to a friend in Colorado who has a much more sophisticated palate for weed than mine. He said, "Wow! You have something there! Keep those seeds and let me know when you do your next grow, 'cause I want some!" And this guy is in the medical scene in Colorado, so he doesn't do schwag. He even wears a "Stop supporting drug cartels—buy American weed!" pin. I agree with that sentiment, but I still wonder what they're growing south of the border. Could it be pretty good stuff if they actually took care of it and loved on it?

Dear Wraith,

Wow, that's quite a question! The truth is that the problem with brick weed isn't always in the genetics, but in the harvesting, processing and packaging. Growers of many acres in Mexico or South America tend to overlook the rigors of the trimming and curing process and focus instead on getting their product to the market as quickly and as stealthily as possible. So what starts out as a field of green, luscious-looking plants is gathered into piles, then either sun-dried into a brown, crispy mess or pressed together







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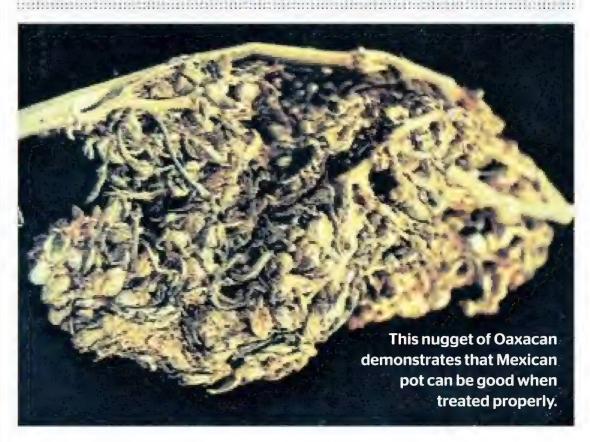


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Danko Tip: Use a light meter to measure whether you're getting a minimum of 6,000 lumens per square foot at the plant canopy level.



into bales without even drying out properly, resulting in the infamous brick weed you speak of. People have even found flattened dead iguanas and all kinds of other funky stuff hidden among their schwag bags.

The genetics of your strain most likely stem from the *sativa*-dominant Mexican landraces, relatives of the legendary Oaxacan or Michoacán strains of yore from the 1960s and '70s. Pot growing is still alive and well down south, but they haven't yet adapted their harvesting and packaging techniques to compete with the US and Canadian homegrown markets. So the answer is yes, they do grow some decent stuff—they simply ruin it after it's harvested.

SUBJECT: The Proper Flush

FROM: Jake & Bake

When flushing plants at the end of flowering, do you use pH-balanced and filtered water, or do you simply grab the hose and flush? Also, at what week do you flush, and should you flush only once?

Dear Jake,

Good question. Flushing is the process of using plain water in order to leach out excess nutrients that have built up over time in your plants and their root zones. Tap water is fine for flushing, as long as the pH isn't way out of whack (i.e., below 5.0 or above 7.5). Most tap water will be inside these parameters, but check it first because in some places it won't. Well water in particular can fluctuate wildly, but most reservoir water will fall somewhere within that range.

Flush for the last week or two before harvest, and use an amount of water that's two to three times the volume of your container (for example, when flushing a 5-gallon bucket, use 10 to 15 gallons of plain water). Do this every other day or so in those last two weeks and you'll find that your buds burn better and have an enhanced aroma and flavor. You may see some yellowing of the leaves (and perhaps even other fall colors such as red or purple), but this is perfectly natural, and it's also a great sign that the flush has worked. Flushing not only removes the built-up salts and minerals but will also reduce amount of chlorophyll and thus the "green" or "grassy" smell and taste. Proper flushing is a must for producing connoisseur quality or medical grade cannabis. **



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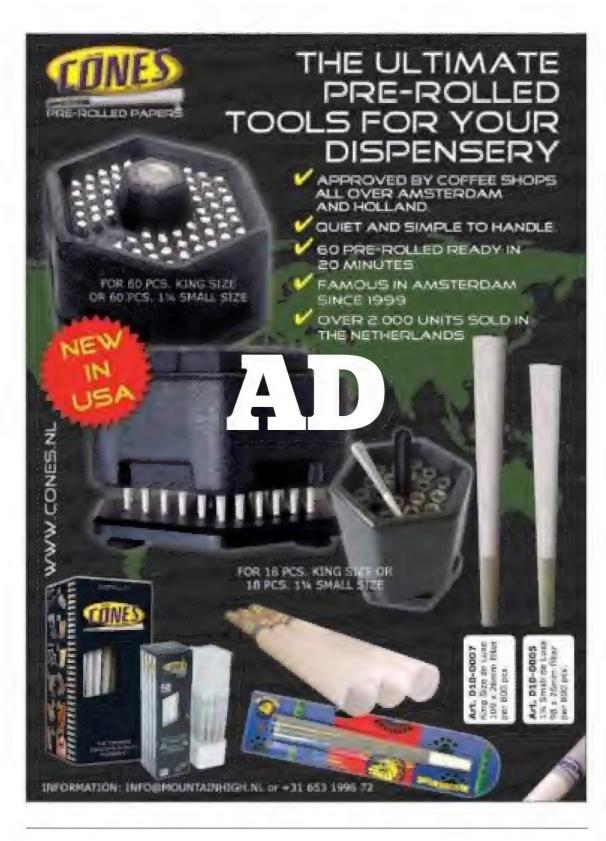
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Dr. Mitch,

I feel like my mood is all over the place when I'm without cannabis. What can I do?

R the X

Hi R,

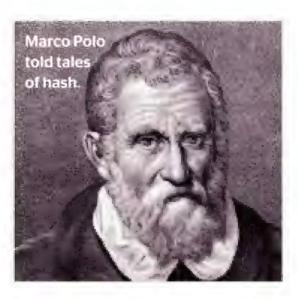
Definitely check with your physician. An ever-changing mood can be more than just a drag: It can also be a sign of blood sugar problems or a host of other ills. If everything checks out okay, let me recommend The Dialectical Behavior Therapy Skills Workbook by Matthew McKay and colleagues. Though the title is a mouthful, the book provides an accessible set of exercises and perspectives that can help you keep the good moods and make the bad ones less severe.

I like to track my positive THC urine screens over time to see when I do and don't test positive. I'd like to do a whole bunch of screens at once. Does freezing them decrease the THC so that I might get a false negative?

JH

Hi JH,

I've never been asked that one before! THC metabolites will stay preserved in frozen urine for up to a year—and for what it's worth, drug tests now check for a change in protein that occurs when the urine's been frozen even for a few days. I'm afraid anyone who plans to use frozen urine in order to get a negative THC test result faces the possibility of being asked for another sample if the tester detects that the urine was frozen.



Middle Easterners ate hashish when they joined the order of a Persian missionary named Hassan-i Sabbah.

I saw a documentary about Marco Polo. I could have sworn that you said he did something with hashish. What was it?

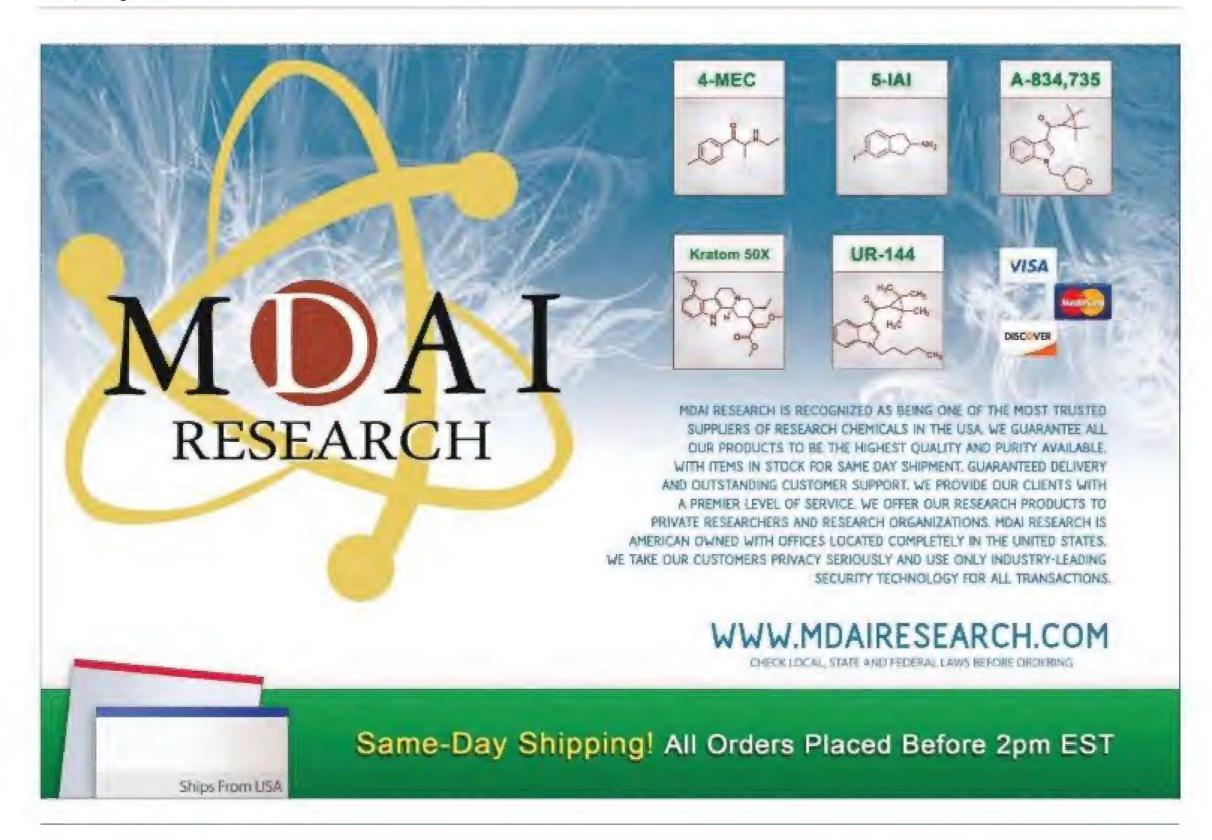
Polo Fan

Hi PF,

In his accounts of his travels. Marco Polo wrote that Middle Easterners back around 1100 ate hashish as part of a ritual when they joined the order of a Persian missionary named Hassan-i Sabbah. According to legend, Hassan used hashish to induce his followers to murder his enemies (the origin of the word "assassin"). Over the years, scholars have challenged the veracity of these tales, and reading them incorrectly could cause some to believe that hash causes violence, which we all know is nonsense. 🖗

Mitch Earleywine, Ph.D., is an associate professor of psychology at SUNY Albany and the author of Understanding Marijuana and The Parents' Guide to Marijuana.

107 January 2013 High Times







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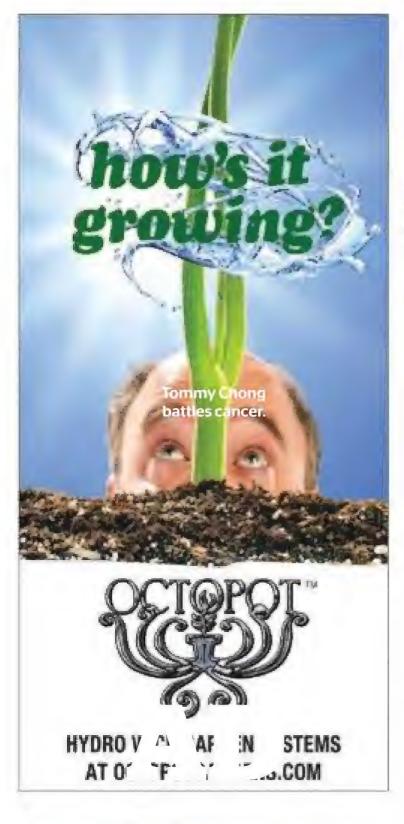








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The Truth About 'Fast and Furious'

Were those weapon shipments more than just a failed sting?

nthe late 1990s, an elite team of Mexican soldiers was sent to Fort Bragg, NC, home of the US Army's Special Operations Command, to receive extensive training in modern military tactics and communications technology. Soon after the team returned to Mexico, however, it was announced that its members had suddenly defected and joined the other side of the War on Drugs by going to work for the drug cartels.

Eventually, however, a different story emerged: Los Zetas were not working with the drug cartels, but rather systematically eliminating and replacing them. They immediately established themselves as the most vicious force in Mexico with a batch of brutal beheadings. Soon, Los Zetas were the dominant drug-running outfit in Mexico. Obviously, the training, technology and gear provided by the USA gave these gangsters an advantage that enabled them to move swiftly to the head of the line.

Jesus Vicente Zambada Niebla is one of the guys Los Zetas wants to behead. That's because he's the son of Ismael Zambada Garcia, a.k.a. "El Mayo," one of the leaders of the powerful Sinaloa Cartel, responsible for a billion-dollar heroin and cocaine pipeline running from Mexico City to Chicago. His dad, in fact, has a \$5 million DEA bounty on his head (supposedly). Vicente, for his part, is currently in a Chicago jail awaiting trial. He's already filed some motions with the court, motions that have been largely ignored by the media. According to Vicente, "Fast and Furious" wasn't about tracking illegal weapons from the United States to Mexico; instead, it was about supplying Los Zetas' rivals in the Sinaloa Cartel with enough firepower to maintain a balance of power in the drug war—an arrangement that came about after Vicente's superiors secretly struck a deal to provide intelligence to the DEA in exchange for access to the weapons they needed to hold Los Zetas at bay.

According to the official story being told by the press, 2,000 weapons (mostly assault rifles) were shipped from gun shops in Phoenix, AZ, to Mexico, despite these sales being illegal. This was justified as a surveillance operation, supposedly to track the weapons to the leaders of the cartels. But the DEA already knows

who's running the cartels; it just can't ever seem to locate them, despite having access to the world's most advanced satellite technology. By the way, these sorts of surveillance operations embedded in smuggling scams are actually done all the time with illegal drugs. The only problem is that there's often no tracking of anything going on—just profiteering by corrupt officials.

And that, according to Vicente, is the truth behind the "Fast and Furious" operation: It wasn't about tracking weapons, it was about *supplying* them to the US government's helpful new friends in the Sinaloa Cartel. By the way, the 2,000 assault rifles the media keeps talking about is just the tip of the iceberg, since more advanced technology (available only through military contractors, not Phoenix gun shops) was also moving into Mexico at this time. After all, when you have a billion-dollar drug pipeline, there's a lot of cash available to soup up your operations.

The entire scam blew up, however, when Border Patrol Agent Brian Terry was killed with a gun traced back to the op. ATF Special Agent John Dodson tried to blow the whistle repeatedly from the inside, to no avail; he eventually turned to an Iowa Congressman for help. Dodson was warned that his career as an ATF special agent in Phoenix would be over unless he backed off his allegations. (He didn't, and it was.) Dodson claimed that many other agents knew about the problems and cover-ups involved in "Fast and Furious" but remain silent to this day in order to protect their pensions. The Justice Department knew it had a huge scandal on its hands and immediately concocted a crackdown on marijuana dispensaries on the West Coast in order to divert media attention away from the debacle. Meanwhile, Terry's family has filed suit based on the murder weapon having been illegally provided by the federal government.

Predictably, Vicente's allegations haven't appeared in any mainstream media outlets, so it looks like the stonewalling and misdirection are going to work yet again—despite his various motions (and the information therein) being publicly available on the Internet.



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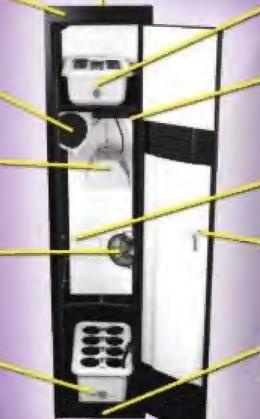
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Apocalypse Not

It's the end of the world as we know it ... and I feel high.

don't know about you folks, but I'm disgusted with the endless array of retarded reality shows paraded out each season by the cable networks. Hillbilly Handfishin'? What is that, some redneck euphemism for jerking off? And Toddlers and Tiaras? Might as well call it How to Raise a Stripper. I mean, sure— I've watched a reality show or two here and there ... like that Wife Swap episode with the fanatical "God Warrior" lady, or the *Intervention* show with that tweaked-out computer-spray huffer-man, that shit was crazy! Come to think of it, watching dumb motherfuckers go batshit on TV can be sadly entertaining at times I guess. Which is prob-If Here Comes Honey ably why I couldn't help Boo Boo isn't an omen but check out one of the of the Apocalypse,

National Geographic Chan-

nel's latest reality series,

Doomsday Preppers.

The premise of the show is simple: A camera crew documents paranoid people who are convinced that, owing to some catastrophic event (be it a race war, pandemic disease or electromagnetic pulse), civilization as we know it is about to end, and the only way to survive it is to be ready. And man, are they ever ready! These whack jobs eat, sleep, breathe and shit survival: Barricaded in their bunkers and armed to the teeth, they run drills, dig spider holes, collect roadkill and canned goods ... anything they think will give them a leg up on Mad Max and Tank Girl in post-Armageddon America.

I'm not sure what is.

Personally, I've never put much faith in doomsday prophecies. Remember Y2K? We'd better party like it's 1999, they told us, because as soon as the calendar flips to double-zero, every electronic device and computer system on earth was gonna crash—wiping out all communications, bank accounts, etc. But a few free software patches later and it was like nothing ever happened.

More than a decade later, some Biblehumping preacher named Harold Camping claimed that, after years of study, he'd figured out the precise date of the

Rapture (the kickoff event of the Christian end-times, when Jesus returns to escort his followers up to heaven as the rest of the world literally goes to hell): May 21, 2011. When nothing happened that day, Camping revised his prediction to October 21—which, needless to say, also passed without incident.

So here we are, coming up on December 21, 2012, the date supposedly predicted by the Mayans as the end of the world. If there's any truth to Hollywood's vision of

the Earth's demise, we'll either end up underwater thanks to global warming, on fire from some solar mega-flare, or as dinner for a horde of face-eating zombies—courtesy of some government-spawned virus

> (or bath salts, I forget which). Regardless, we'll all be as fucked as a pocket pussy in a penal colony. I seriously doubt any of that is likely to happen; on the other

hand, if Here Comes Honey Boo Boo isn't an omen of the Apocalypse, I'm not sure what is. So just in case, I've done a bit of doomsday prepping myself.

Unbeknownst to my neighbors, I've outfitted an old storage room in the basement of my apartment building with everything my wife and I will need to survive Armageddon. Duct tape and bottled water? Fuck that—I've stockpiled 100 bags of Doritos, 200 jars of peanut butter, 300 cases of Heineken, and even my very own Starbucks station. I've got a 72-inch 3D TV and enough porn, sci-fi and superhero flicks on Blu-Ray to keep us entertained until the next ice age. To power it all, I've got a generator connected to that exercise machine the lazy bitch in Apartment 4-G never even opened. But, most importantly, I have a huge stockpile of oils, waxes, hashes and nugs—all vacuum-sealed, dated and sorted—along with a vast array of bongs, pipes, rigs and vapes to smoke it. In short, I've constructed myself a formidable Fortress of Stonitude in which to spend the end of daze.

Will the Earth really meet its maker on December 21? Hell, I don't know ... all I know is, even if the world ain't burning by then, I sure as shit will be. *





A Cup Tribute from NORML

High Times celebrates 25 years of cannabis and personal freedom.

Allen St. Pierre is the executive director of NORML. Visit *norml.org*.

ongratulations to *High Times* for convening 25 years of Cannabis Cup award shows in Amsterdam! For the past quarter-century, when college students and young adults are asked to name an activity or trip they'd like to take, those who enjoy marijuana readily answer: "I want to go to the Cannabis Cup!"

Having attended this incredible event myself and been afforded an Oz-like peek at the behind-the-scenes operations, I marvel at the ability of the *High Times* staff (and their associates) to negotiate political and law enforcement opposition while also procuring and sampling the best cannabis and hashish products in the world. At the same time, they also manage to create an informative and nurturing environment to accommodate the crush of cannabis-loving tourists and aficionados taking advantage of the opportunity to safely enjoy their favorite plant at hundreds of the city's coffeeshops.

By this point, thousands of Cupgoers have had their first taste of what it's like to be an emancipated cannabis consumer. Those who've attended this historic event have served in effect as modern Marco Polos: They come from faraway lands and, upon their return, tell tales of their adventures, the new things they've seen and smoked. The positive and enlightening experience has clearly informed them about the forward-looking cannabis policies they want to see



Over the years, many of the world's best strains have made their debut at the Cannabis Cup.

replicated back in their home countries.

I've met dozens of lawyers, celebrities, media personalities, musicians, writers, producers, physicians, researchers and policymakers from around the world who have attended the Cup. So when American prohibitionists, law enforcement agencies or obstructionist politicians claim that cannabis can never be legalized, the many thousands of Cannabis Cup judges and participants can readily relate our firsthand accounts of what we've seen and experienced in a nation where cannabis consumers enjoy the same degree of courtesy and respect as beer drinkers.

Along with the remarkable cultural exchanges and personal enrichment associated with all foreign travel, the Cannabis Cup has become a popular date on the calendar for cannabis commerce.

Annually, the Cup hosts a marketplace of the hippest paraphernalia, hashmaking kits, cultivation technologies and cannabis preparation devices.

I remember when the first prototype for what are now commonly called "grinders" was introduced at the Cannabis Cup. After years of employing scissors or picking cannabis apart on a magazine for consumption, I was handed a tight bud of wonderful ganja and an odd-looking wooden device with protruding offset nails. Two grinds later, the proverbial call of the angels rang in my head. It was a genuine hallelujah moment! Since that Cannabis Cup experience, I've never been without a grinder, and now I revel in the modern metal designs that boast kief catchers and other useful features.

Before cannabis becomes legal in North America—as it will, sooner rather than later—every cannabis consumer should get a glimpse of what cannabis commerce for the responsible adult user can look like. So consider treating yourself to a huge educational and cultural opportunity by visiting the Netherlands for the next Cannabis Cup—even as we look forward to the day when it will be diminished in relevance because American cannabis consumers finally enjoy the same personal freedoms that our Dutch brothers and sisters have had for more than 35 years. **

FREEDOM FIGHTER

by Erik Altieri, NORML communications coordinator

Tar Heels on the Rise

Jon Kennedy lets optimism lead the way.

When the Democrats convened their national convention in September, activists rallying in support of reforming our country's cannabis laws were there to greet them. Several insightful speakers addressed the crowd, including former Utah governor and Libertarian Party presidential

candidate Gary Johnson. And all of this was due, in no small part, to the diligent efforts of Jon Kennedy and the North Carolina chapter of NORML.

Since becoming involved with the organization, Jon has aided it in organizing more efficiently, focusing his efforts on growing NORML's membership and influence in the Tar Heel State. He began his work with North Carolina NORML in 2010 and

now serves as the chapter's executive secretary as well as sitting on its board of directors. Jon has successfully recruited new activists by encouraging them to

find ways to incorporate their passion for marijuana law reform into their current hobbies or favorite activities.

"Our personal goal is figuring out what each person enjoys in life and matching those interests with roles in NC NORML," he explains. "I've found that the majority of marijuana smokers are the most compassionate and sincere people in my community. That the government imprisons people for possessing this nontoxic plant makes no sense."

Jon is also optimistic for the future. "As long as we keep moving forward and doing our best along the way," he says, "the end of marijuana prohibition is inevitable—in North Carolina and nationally."



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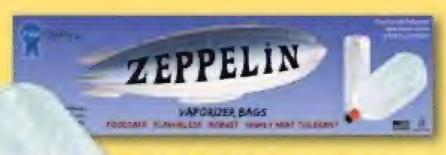


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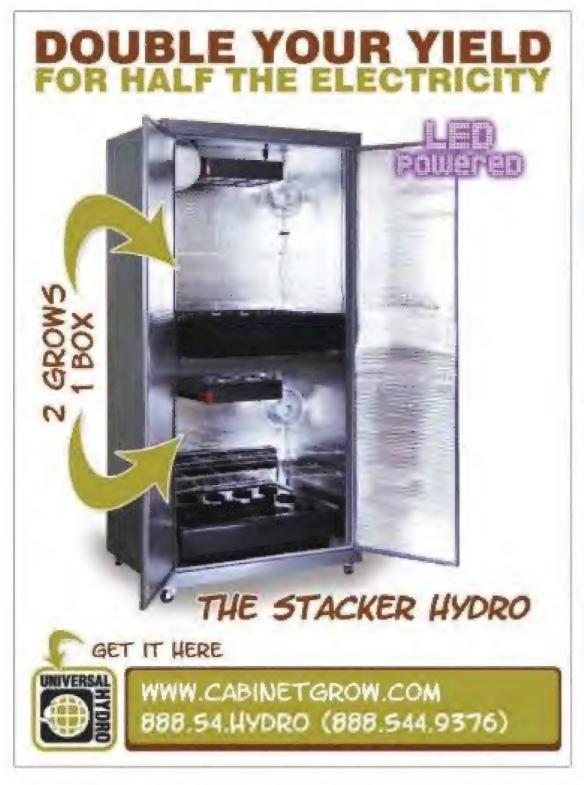


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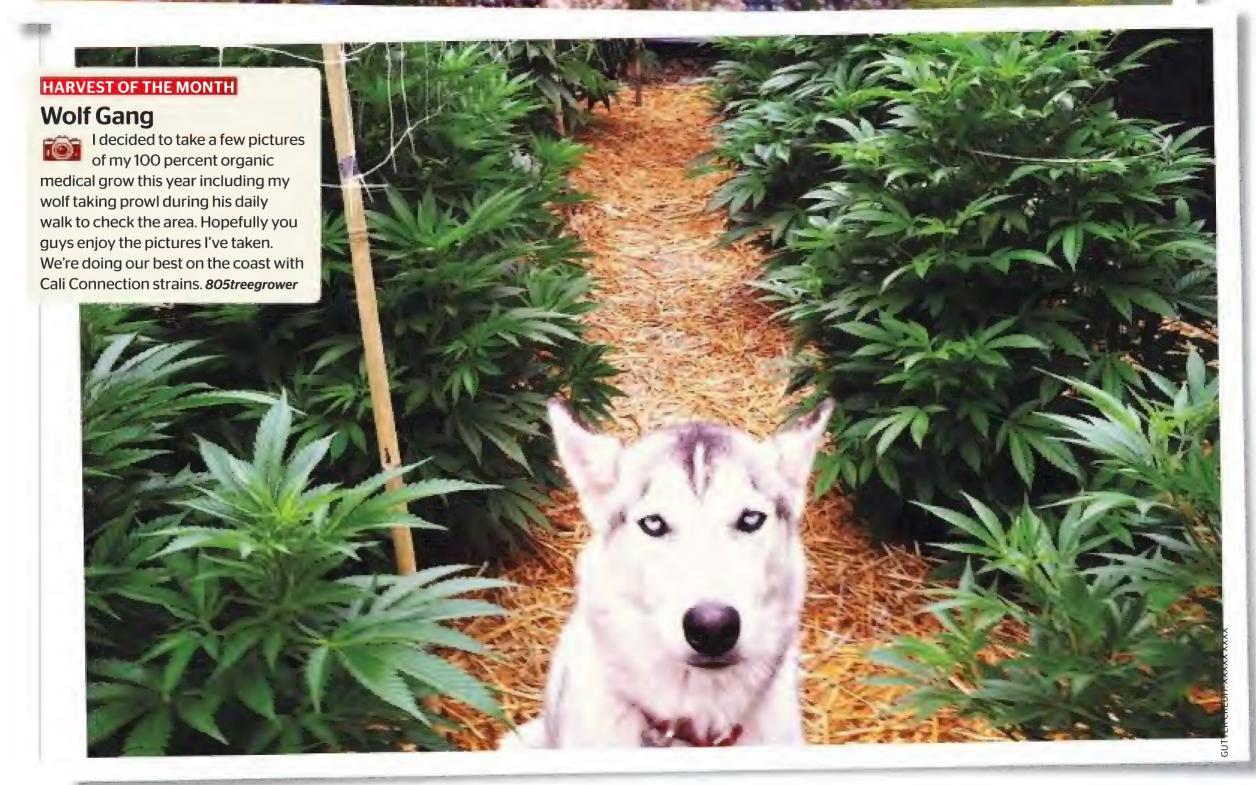
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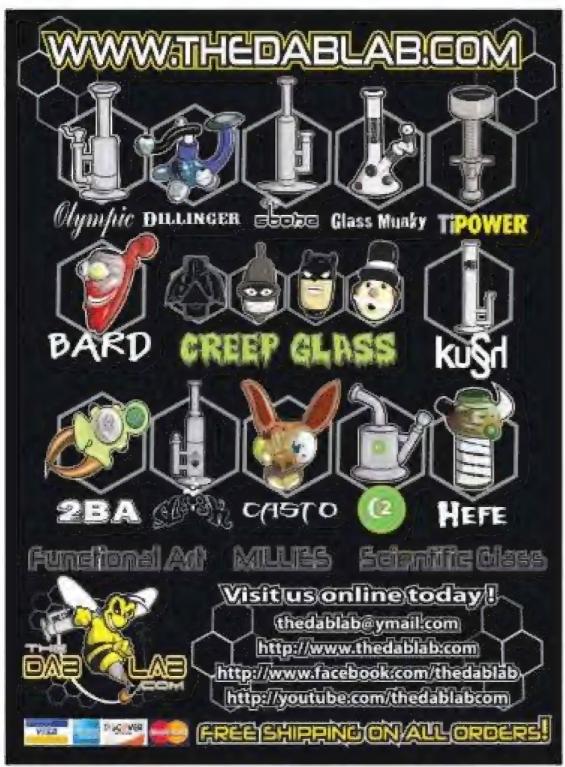
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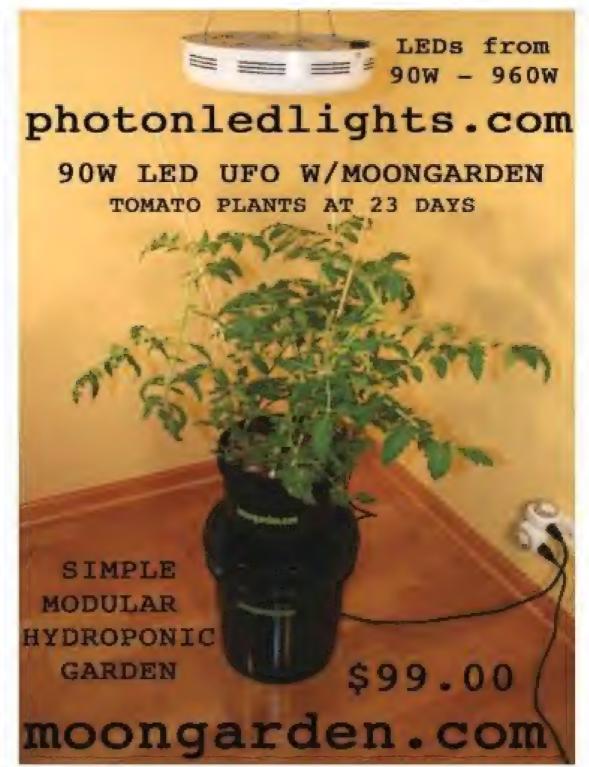
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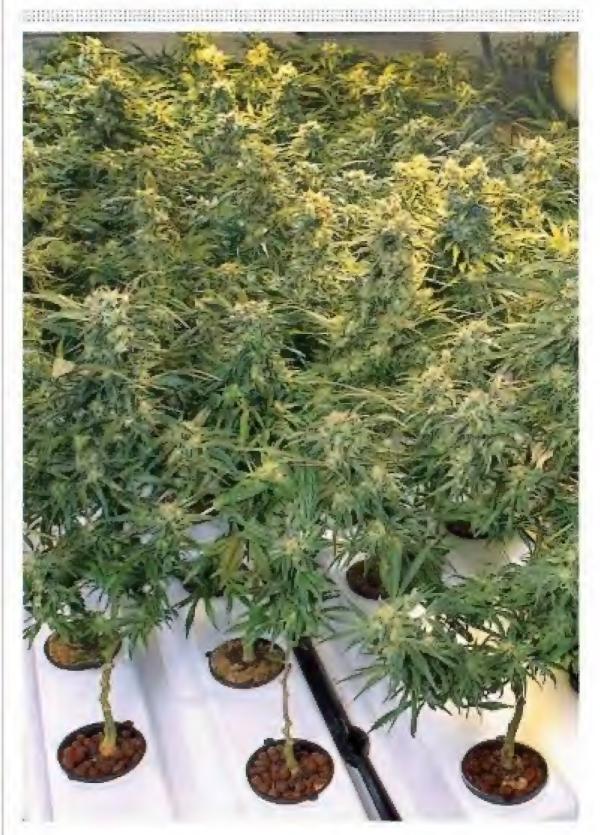








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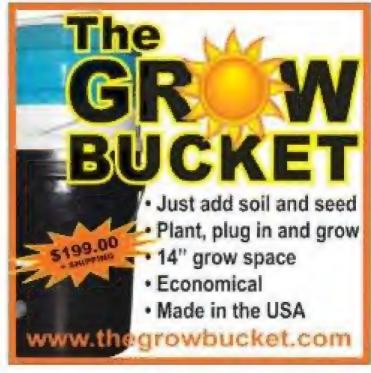
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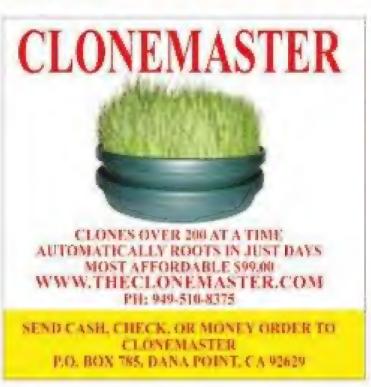




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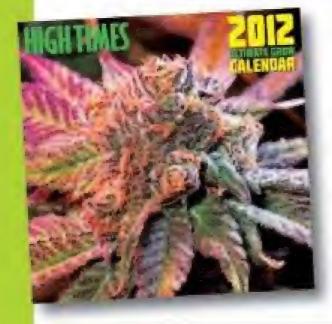






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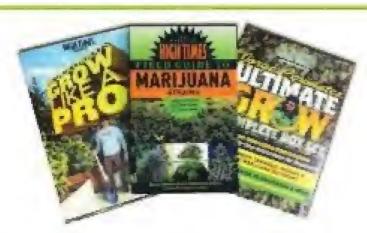
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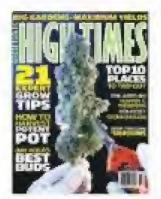
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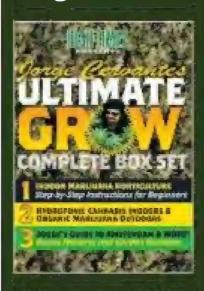




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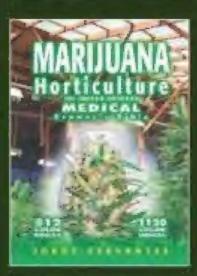
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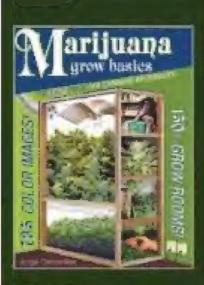
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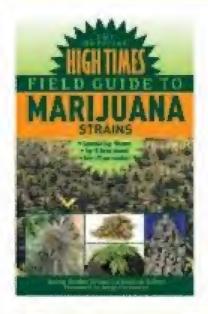
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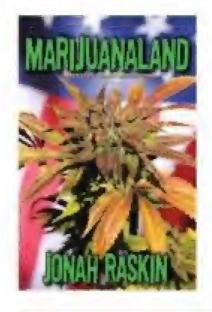
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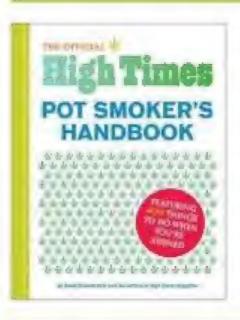
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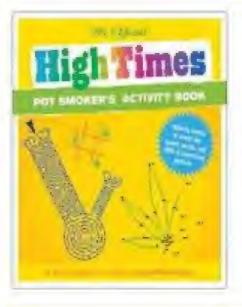
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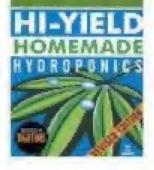
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